



MENTAL HEALTH
SUPPORT TEAM
(MHST)

UNDERSTANDING
YOUR TEEN
WORKSHOP

RESOURCES AND
SIGNPOSTING



Resources

Videos

- MHST Sleep Video
<https://www.youtube.com/watch?v=r9WOlsp6HmU>
- Ted Talk The Mysterious Workings of the Adolescent Brain
https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain
- Why do teenagers seem so much more impulsive, so much less self-aware than grown-ups? Cognitive neuroscientist Sarah-Jayne Blakemore compares the prefrontal cortex in adolescents to that of adults, to show us how typically "teenage" behaviour is caused by the growing and developing brain
- Ted Talk - Own Your Behaviours, Master Your Communication, Determine Your Success
<https://www.youtube.com/watch?v=4BZuWrdC-9Q>
- The Struggle Switch
<https://www.youtube.com/watch?v=rCp1I16GCXI>

Websites

- <https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>
- <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
- <https://parents.actionforchildren.org.uk/>
- <https://www.healthforteens.co.uk/>
- <https://www.mindmate.org.uk/im-a-parent-or-carer/parenting-teenagers/>

Books

- Blame My Brain: The Amazing Teenage Brain Revealed - Nicola Morgan
- Helping Your Anxious Child: A Step-by-step Guide for Parents – Rapee, Wignall, Spence, Cobham, and Lyneham
- Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults - Lisa Heffernan

Links

Four Horsemen Poster <https://cdn.gottman.com/wp-content/uploads/2013/04/The-Four-Horsemen.pdf>

Signposting

- The MHST (us!): An early intervention mental health and wellbeing service in schools aimed at providing support for children, young people, and families around low-level emotional wellbeing needs, such as anxiety, low mood, managing emotions, and sleep. We link in directly with Nottinghamshire CAMHS teams and provide in school sessions to promote positive mental health. Our work is delivered on a group/workshop basis and a 1:1 basis where therapeutically appropriate.
 - Telephone: 0115 876 0167
 - Website: <https://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams>
- Early Help Unit: Can offer signposting to Local Authority Early Intervention Services. In some cases, will offer families a case manager who will get to know the strengths and needs of family and coordinate support.
 - Telephone: 0115 804 1248
 - Email: early.help@nottscg.gov.uk
- Healthy Family Team Advice Line: A 'single point of access' Advice Line for parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support, covering the 0-19 years age range. It operates Monday to Friday, from 9am to 4.30pm.
 - Telephone: 0300 123 3387
 - Healthy Family Team Text - 07520 619919 A texting service offering parents and carers of children aged 0 -19 access to confidential advice.
- Family Action Family Line: Offers free support and guidance on all aspects of family life to all family members over the age of 18 across England and Wales. Families can gain support through the Helpline, Befriending and Counselling support via telephone, email and text message. Family Line also offers a text crisis line outside of these hours including weekends and bank holidays. Live chat is also available through family actions website.
 - Telephone: 0808 802 6666
 - Text: 07537404282
 - Email: familyline@family-action.org.uk
 - Web: www.family-action.org.uk/familyline

For Teens

- Health for Teens: Links ages 11 and over to appropriate local health and wellbeing services, supports young people to manage their health.
 - Web: <https://www.healthforteens.co.uk/>
- Kooth: Online community of peers and a team of experienced, accredited counsellors. Free for young people 11-25. 24/7 access via website (counsellors available Monday-Friday 12pm-10pm and weekends 6pm-10pm). No referral required
 - Web: <https://www.kooth.com/>
- Chathealth: A texting service offering 11-19 year olds confidential advice from the Health Family Team
 - Text - 07507 329952
- Shout 85258: a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope
 - Web: <https://giveusashout.org/about-us/about-shout/>