



## NORTH EAST LINCOLNSHIRE MENTAL HEALTH SUPPORT TEAM

We offer the right mental health support at the right time for children and young people within schools and colleges

We can help with managing:

- Low mood
- Anxiety
- Self harm
- Relationships
- Exam stress
- Strong emotions
- Difficulties with managing change



“

*Nuture a childs Mental health  
to empower their future*

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## NORTH EAST LINCOLNSHIRE MENTAL HEALTH SUPPORT TEAM

### WHO WE ARE

North East Lincolnshire Mental  
Health Support Team

### WHAT WE DO



Offer the right mental health support at the right time for children and young people within schools and colleges

### WE CAN HELP WITH MANAGING:

- Strong emotions
- Anxiety
- Self harm
- Relationships
- Exam stress
- Low mood
- Difficulties with managing change

### HOW WE DO IT



- Networking and navigation
- Whole school approach
- Evidence based interventions



“Nuture a childs Mental health  
to empower their future”