



Taking care of your mind, body and emotions is really important for your wellbeing

Did you know our school is linked with one of the NHS Mental Health in Schools Team (MHST)? We have a new Education Mental Health Practitioner, Leah Macleod, starting with us. Leah supports children and young people who are experiencing low mood and a range of anxiety difficulties, using Cognitive Behavioural Therapy (CBT) to help achieve their goals. Please talk to your child's class teacher if you feel your child may benefit from some support.

Dimensions Tool

The MHST are part of the NHS Coventry and Warwickshire Partnership Trust (CWPT). CWPT has designed 'The Dimensions of Health and Wellbeing', which is a free online tool that provides self-care information to support adults, children, and young people in Coventry and Warwickshire. You can rate yourself or another person against Dimensions related to health and wellbeing, and create a report that provides information about self-care, local services, and support. This is available 24/7 and it is a great first step to help you understand what support is available to you, based on your current health and wellbeing. Looking for support online can feel overwhelming, so the Dimensions are tailored to your answers and can feel more manageable to understand. They are also up to date with services and support in your area that you or others may not know about.

You may access more information about dimensions here: [Dimensions - About Us](#)

You may access and complete your own dimensions here: [Dimensions - Use Dimensions Landing](#)

You may access an example of what your outcome could look like here: [Aspose](#)

Old

The Mental Health in Schools Team (MHST) are an NHS mental health service for children, young people and their families working within schools over Coventry and Warwickshire. We support young people who are experiencing low mood and a range of anxiety difficulties. The MHST's focus is to positively impact young people's mental health and wellbeing. We aim to do this by using evidence-based Cognitive Behavioural Therapy (CBT) treatment approaches for anxiety and low mood, using a goal-focused approach. This is in 1:1 settings, either face to face or virtually, meaning we can continue to work with young people during school holidays. Please talk to your child's class teacher if you feel your child may benefit from some support.