

How can you get support from us?

We are in our partner MHST schools. You can ask your parent, carer or teacher about us and they can get in contact with us for you.



How to contact us

Carlisle:

ws.carlislemhst@barnardos.org.uk

Allerdale:

allderalemhst@barnardos.org.uk

NORTH CUMBRIA



A service delivered by



North Cumbria Mental Health Support Team

Suite 2, Riverside House, Warwick Road,
Carlisle, Cumbria CA1 2BS

Email: WS.CarlisleMHST@barnardos.org.uk

Email: Allderalemhst@barnardos.org.uk

Barnardo's Registered Charity Nos.216250 and SC037605



Introduction to Mental Health Support Teams

Information for children

A service delivered by



What we do

We work with your school to help children feel good. We can talk to you, your teachers and your parent or carer about what you are finding difficult and how to best support you.

Who we are

Our teams each have Education Mental Health Practitioners (EMHPs) Senior Practitioners and a leader. The EMHPs and the Senior Practitioners work with young people. The leader supports them to help young people.



Who we work with

We can help children who are feeling sad, who feel bad about themselves, and children who are worried or have thoughts about something bad happening. We can also help with lots other things too!

How do we help?

We often work with your parent or carer so they can help you with your worries or big feelings whilst you are in primary school. We look at the links between our thoughts, feelings and what we do.

What will happen?

Whilst you are in primary school, we usually work with your parent or carer. This is so they can help you with your worries or big feelings and practice new things. At the beginning you will meet one of us, this is so you can speak to us about what is making life difficult.

We also offer support either by yourself or maybe as part of a group. We also might speak with your teachers so they can help you as well.

