

Ealing Mental Health Support Team

**January
2026**

Your Termly Newsletter

Is your child feeling....

Demotivated? Anxious? Stressed?
Worried? Sad? Irritable? Low?
Panic? Tired or lacking energy?



You said, we did!

Thank you for sharing your voices with us. Parents have told us Emotionally Based School Avoidance (EBSNA) is an area of need in Ealing, this is an ongoing challenge across the UK.

In response, we have started a project to understand how we can further support this need. We hope to strengthen links with mental health services, and introduced more regular wellbeing check-ins for pupils, as well as offer staff training to increase understanding of EBSNA.

[Click here to find out more about how you can support your child](#)

We can help you and your child

Ealing Mental Health Support Team (MHST) supports the wellbeing of children and young.

In Primary schools, we offer 1:1 support to parent's whose children feel:

- Worried and present with behaviours that challenge



In Secondary Schools, we offer 1:1 support to young people who sometimes feel:

- Anxious or low in mood

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

Dates to remember:

February 9th-15th: Children's mental health week

Random Acts of Kindness Day: 17th February

Stress awareness month: April



Promoting hope & wellbeing together

Back to school:

Going back to school can be a difficult time. Maybe your child is worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

Helpful Tips:

- Get organised - use planners, diaries and apps to keep track of things
- Set goals - make sure they're small and manageable
- Look after them and yourself: take time to do the things you enjoy!

Children's Mental Health Week

The theme of Mental health awareness week this year is: **'this is my place'** which is all about belonging and feeling supported.

Create a fun "Belonging Passport" with your child using folded paper or a small notebook. Add pages like:

- My Safe Place
- People Who Help Me
- What I'm Good At

Let your child decorate with colour, stickers or photos. Talk together as you fill it in and celebrate each answer. This simple activity builds confidence, helps children share feelings, and strengthens their sense of belonging at home and at school.

Upcoming Workshops

- Why Is My Child So Anxious & How Can I Support Them? **Thursday 22nd January 12:30 - 13:30**
- What Is My Child's Behaviour Really Telling Me? **Tuesday 27th January 12:00 - 13:00**
- How Can I Support My Child With OCD? **February 5th 10:00 - 11:30**
- How Can I Help My Child Cope With Exam Stress? **February 13th 12:00 - 13:00**
- Is My Child Low in mood or Depressed & What Can I Do to Help? **Wednesday 4th March 12:00 - 13:00**
- How Can I Help My Anxious Child Make Friends? **Monday 16th March 12:00 - 13:00**
- How Do I Look After Myself While Parenting? **Wednesday 22nd April 12:00 - 13:30**

Specialist Workshops

- Introduction to Autism (primary school age) **Friday 30th January 12:30 - 13:30**
- Understanding Behaviour in SEN(D) **Monday 13th April 12:00 - 13:00**
- Autism and Adolescents **Thursday 30th April 12:00 - 13:00**

If you would like to sign up to one of our workshops, please do so using the link below or scan the QR code.



[MHST Workshop Sign up](#)

