

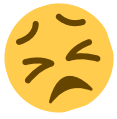


DARLINGTON
MENTAL HEALTH SUPPORT TEAM

Are you struggling with back to school worry and anxiety?



The Darlington Mental Health Support Team (MHST) can offer support for young people in years 4 to 8 who are struggling with feeling anxious or worried about the return to school.



We offer early intervention support for young people who have recently started struggling with feelings of anxiety and worry. Going back to school after the summer or starting a new school can be really difficult and lead to lots of feelings of anxiety and worry but we are here to help.

We are currently working in the following schools:

Holy Family RC Primary
Skerne Park Academy
Springfield Academy
Carmel College
Haughton Academy
Hummersknott Academy
Longfield Academy

To request support from us, speak to your school's Mental Health Lead who will then discuss this with us.