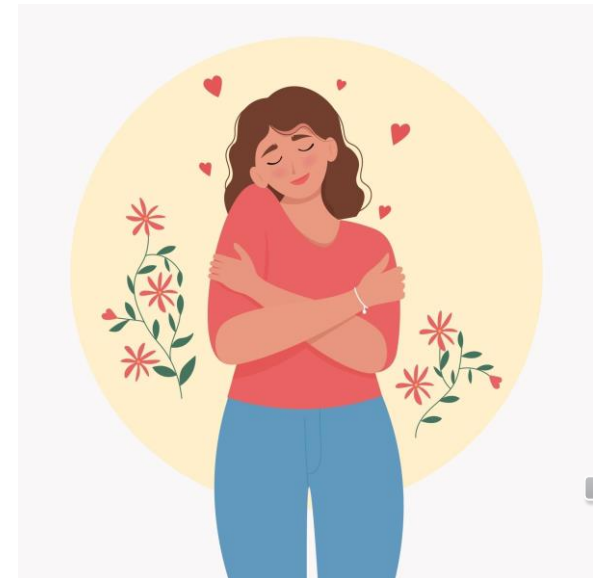


Summer Body Project Groups



Mental Health Support Team



Mental Health Support Teams

Hertfordshire & West Essex

Who are the Stevenage Mental Health Support Team?

We are a team of Education Mental Health Practitioners that work across 20 schools in Stevenage. We offer 1:1, Group and Whole School Approach work.

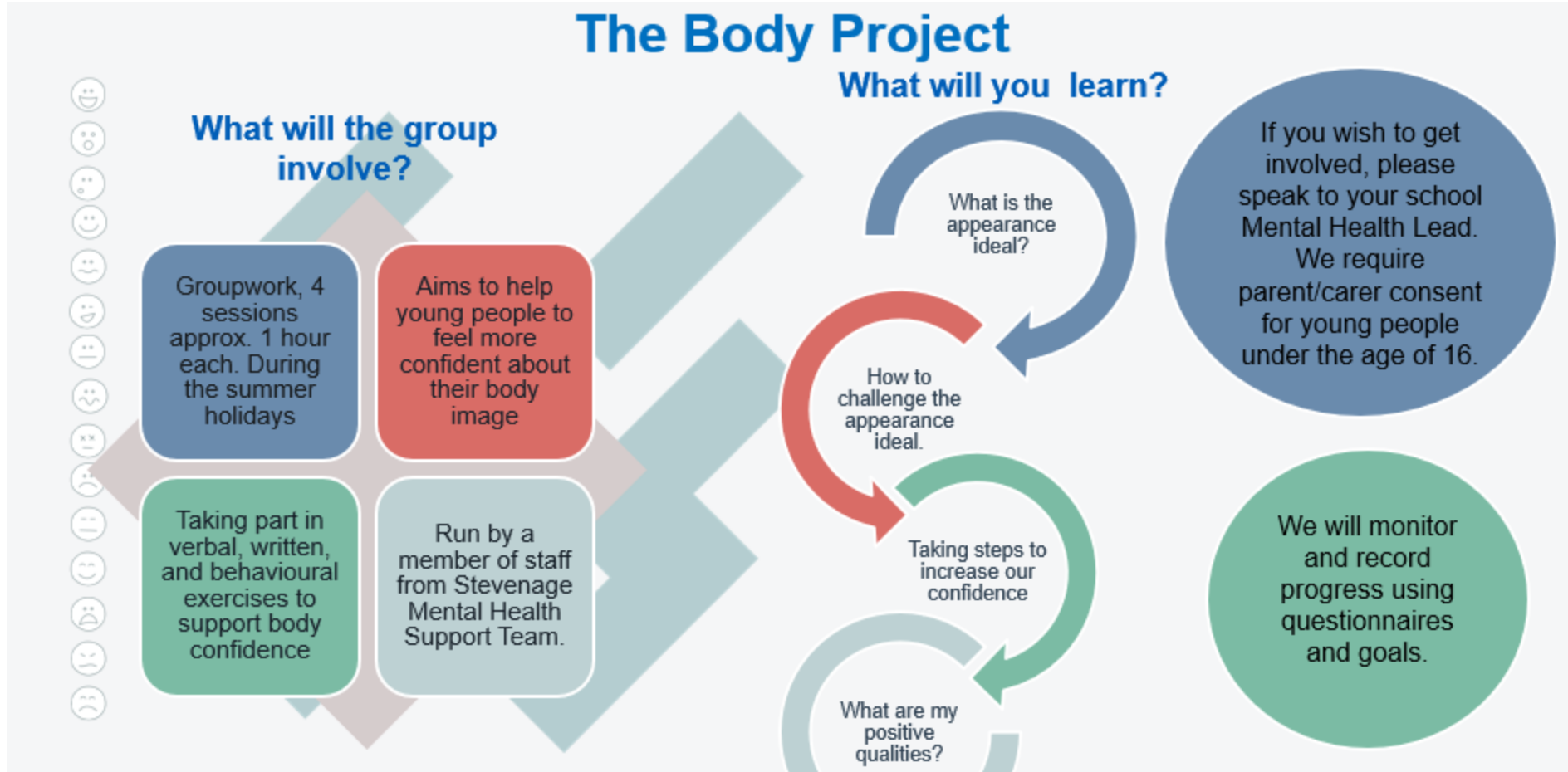
We are working to support the Mental Health and Wellbeing of young people who are experiencing low to moderate Mental Health difficulties.

We are an NHS service based in schools improving young people's access to mental health services.



Mental Health Support Teams Hertfordshire & West Essex

What is the Body Project?



Mental Health Support Teams Hertfordshire & West Essex

Why it could be helpful?



- Define the appearance ideal and explore its origin
- Examine the costs of pursuing this ideal
- Explore ways to resist pressures to conform to an appearance ideal
- Learn how to challenge our body-related concerns and cultural pressures
- Learn new ways to talk more positively about our bodies and build self-esteem
- A safe space to speak about the different feelings that you may be experiencing



Mental Health Support Teams

Hertfordshire & West Essex

The Offer:

The groups will be held in two different schools so that the more accessible location can be chosen:

The Nobel School:

- 1 x 4 sessions of a Boys Group
- 1 x 4 sessions of a Girl Group
- 1 x 4 sessions of a LGBTQIA+ Group

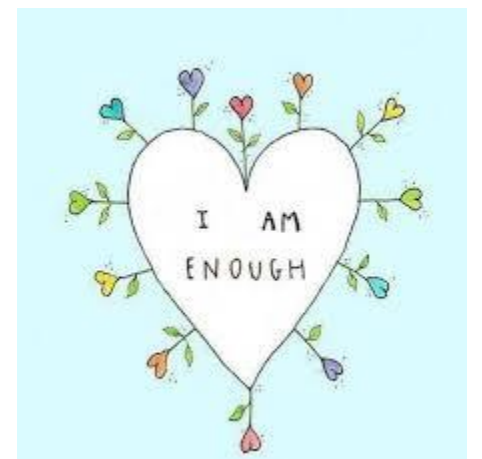
Barnwell School:

- 1 x 4 sessions of a Boys Group
- 1 x 4 sessions of a Girl Group
- 1 x 4 sessions of a LGBTQIA+ Group



Mental Health Support Teams Hertfordshire & West Essex

How to get involved?



- Please speak to your School Mental Health Lead if you would like to get involved.
- Please share your preference type of group and the location.
- Once you have informed your Mental Health Lead they will complete a referral to our service, and we will be in touch.
- Deadline to get involved is 14th June 2024
- Note: It may be that the Body Project group is not appropriate for you. If this is the case, we will have this discussion with you and support with signposting.



Mental Health Support Teams Hertfordshire & West Essex

Reaching out for support



- Samaritans
116 123
<https://www.samaritans.org/>



Calm Harm is a free app with password protection that provides a range of techniques to relieve emotional distress. It's particularly helpful if you often use self harm to cope.

- Mind
0300 123 3393
<https://www.mind.org.uk/>



For Me is a free app from Childline. It offers counselling, group message boards, and advice.

- First Steps ED
<https://firststepsed.co.uk/>



Worry Tree is an app that helps those who are struggling with anxiety.

- Shout
Text 85258
<https://www.giveusashout.org/>



- Stevenage MHST
- Get support from your GP
- Childline
<https://www.childline.org.uk/>
0800 1111
- BEAT
<https://www.beateatingdisorders.org.uk/>
- Sandbox
<https://sandbox.mindler.co.uk/>
- Single point of access 800 6444 101 – a Crisis clinician is available 24/7

