



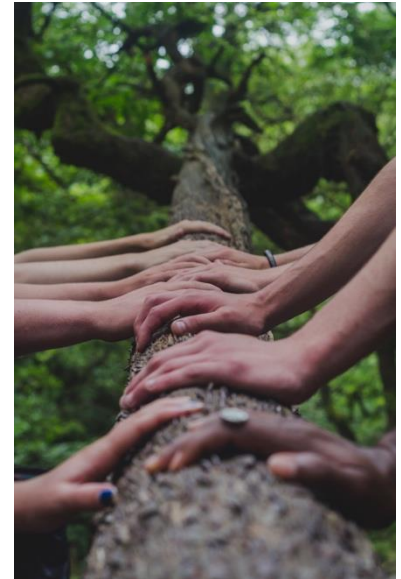
Hello from Lewisham MHST!

WHAT are we doing?

We are running a virtual group to build confidence in dealing with uncertainty, promote feelings of safety and provide strategies to deal with fears and worries.

WHY are we running the group?

We know this an extremely uncertain time for many, so we want to support any Secondary school students who are struggling with the transition back to school or experiencing fears and worries.



WHEN will it happen?

The group will run for four weeks in October, each session will be one hour long.

WHERE will it be?

The group will be held virtually on Microsoft teams

WHO is running the group?

Four of the Educational Wellbeing Practitioners from the Lewisham MHST – Jess, Michaela, Nzinga and Hannah 😊

HOW can you refer to the group?

Email us at lewishamMHST@slam.nhs.uk with a completed referral form.

We will then meet with the young person for a brief assessment to check their suitability for the group.