

North Cumbria

Mental Health Support Team

Who we are

- Education Mental Health Practitioners
- Senior Mental Health Leads
- Based in Cumbria Primary & Secondary Schools

What we do

- Support children & young people, parents/carers and school staff to improving mental health.
- Provide evidence based 1-1 & Group CBT for worries & anxiety, low mood, low self esteem and more.
- Help support a whole school approach to mental health.

How we can help you

- Tell us what you would like to see more of in school.
- Let us know what support you need.
- We can offer webinars, resources, advice and more.

Where we are



In your school



barnardos.org.uk



Instagram



Reach out and find out about us.

A service run by:



**Changing childhoods.
Changing lives.**