

Supporting a Successful Transition



Who are the MHST in Schools?

We are an early intervention service working for the NHS who work with schools in the local area, including Torquay Boy's Grammar School. We offer short term support to young people who may experience mild to moderate symptoms of low mood, worries or behavioural difficulties through therapeutic interventions. We also work with the school to benefit their whole school approach to mental health through workshops, surveys, training and strategy planning. If you would like to know more, please visit the school website or contact your Head of House.

The move from Primary to Secondary

It is only natural to worry about how your child might manage the following on transition from Primary to Secondary School:

- Friendships
- Academic attainment
- New workload
- New environment and people
- Overall wellbeing
- Adolescence

It's a time of change and a chance to learn new skills. By providing a consistent approach, we can support a positive transition.

Helpful resources:

Anna Freud – 'Supporting children's transition to secondary school: Guidance for parents and carers'

HappyMaps.co.uk

Helping Children to Cope with Change, Stress and Anxiety by Deborah Plummer

Keeping things consistent

There are things you can do to help manage the concerns you and/or your child may be experiencing:

- Keep a good routine.
- Normalise and empathise their worries.
- Practice new skills (like tying a tie or traveling to school independently).
- Show your confidence in your child so that they believe in themselves.
- Regularly check in with your child's feelings.
- Using the 10 a day to balance yours and their mental health:

10 a Day Choices Towards Balancing Our Mental Health

