

# RISE Team

RISE Mental Health Support Team (MHST) is part of the Newcastle Gateshead ICB, NHS and Department for Education 'Mental Health in Schools' programme. We work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health.

We will be working in Wingrove Primary School during the Spring Term. We will be providing whole school assemblies, whole class workshops and staff training. We will also be providing some workshops for parents and carers. Please ask your school for further information and to sign up.

For more information about RISE or to access our resources, please visit our website and social media pages. Details at the bottom of this page.

Your Education Mental Health Practitioners (EMHPs) will be Annabel and Molly. We look forward to seeing you all around school!

Your EMHP is  
Annabel  
(she/her)



### Favourite Strategy

#### Alphabet Search

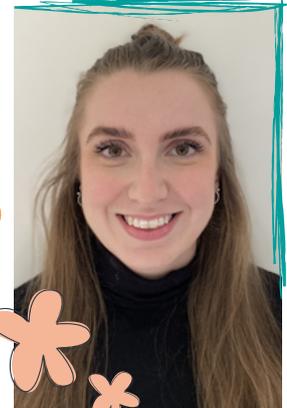


Look around the room and try to find an object that begins with each letter of the alphabet. Doing this can take your mind off your worries and help you to feel calmer.

### Hobbies

- Playing with my cats
- Baking
- Swimming
- Dancing around to my favourite songs

Your EMHP is  
Molly  
(she/her)



### Hobbies:

- Running and yoga
- Dog walking
- Crocheting
- Gardening

Would like everyone to know:

A problem shared is a problem halved!  
It's important to share your worries with a trusted adult so they can help to support you.

### Favourite strategy:

#### Hand Breathing



Stretch out one hand so you have space between your fingers.

With your pointer finger on the other hand, trace up and down around your fingers.

Breathe in slowly as you go up and breathe out slowly as you go down



@rise.ne



@rise\_mhst



@rise-ne



[rise.childrenssociety.org.uk](http://rise.childrenssociety.org.uk)