



**Kent Emotional Wellbeing Teams  
Medway Emotional Support Teams**

We are a team that works in your child's school to provide support for children's mental health and wellbeing. We understand that, from time to time, children and families need additional support for emotional wellbeing and mental health, and so we are here to help. We believe that getting early help can prevent difficulties from getting bigger so that you can lead a life you like to live.

If your child is experiencing anxiety or low mood, please contact us:



## **Term Time:**

Talk to your school's Mental Health Lead

Fill out a Request for Support form with your child

Return the form to your school's Mental Health Lead

## **School Holidays Only:**

Please email requests for support and queries to this e-mail:

**[ewtandestenquiries@nelft.nhs.uk](mailto:ewtandestenquiries@nelft.nhs.uk)**

Our team will contact you to discuss how to move forward