



Dorset
Mental
Health
Support
Team in
Schools

NHS

Dorset HealthCare
University
NHS Foundation Trust

FOLLOW US ON SOCIAL MEDIA FOR WELLBEING TIPS, SUPPORT AND RESOURCES

Tips for
managing
stress, worries
and change

Simple
ideas to
boost your
mood



Advice and resources
for children, young
people, parents,
carers and school
staff

Updates on free
webinars and
workshops



@DORSETMHST

WHETHER YOU'RE A YOUNG PERSON, PARENT, OR PART OF A
SCHOOL TEAM - THERE'S SOMETHING FOR EVERYONE.