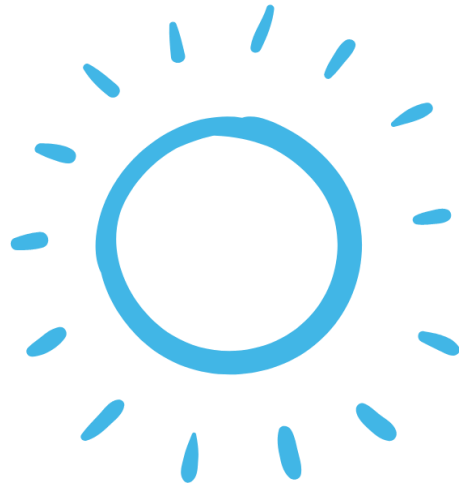




Mental Health  
Support Team

---

# Transition to secondary school



Mental Health  
Support Team

Bath and North East Somerset



Mental Health  
Support Team  
Wiltshire



Mental Health  
Support Team

# MHST – Who are we and what do we offer?

We are a Team of professionals who deliver low level mental health support within schools.

We offer individual CBT-informed sessions.

We offer groups and workshops.

We support schools with their Whole School Approach to mental health and wellbeing





Mental Health  
Support Team

---

# Welcome

Agenda for today's session:

- Icebreaker activity
- What are transitions?
- How is secondary school different from primary?
- Ways to cope with transitions

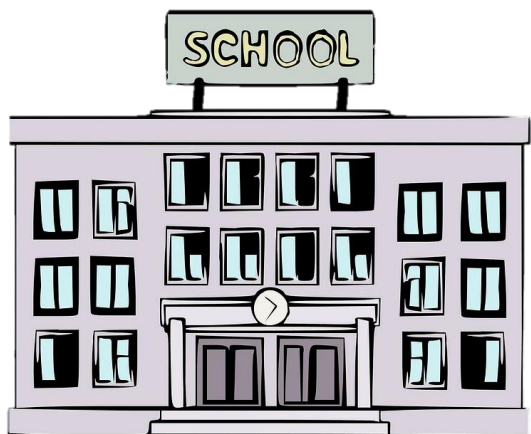




Mental Health  
Support Team

---

# Ice Breaker Activity





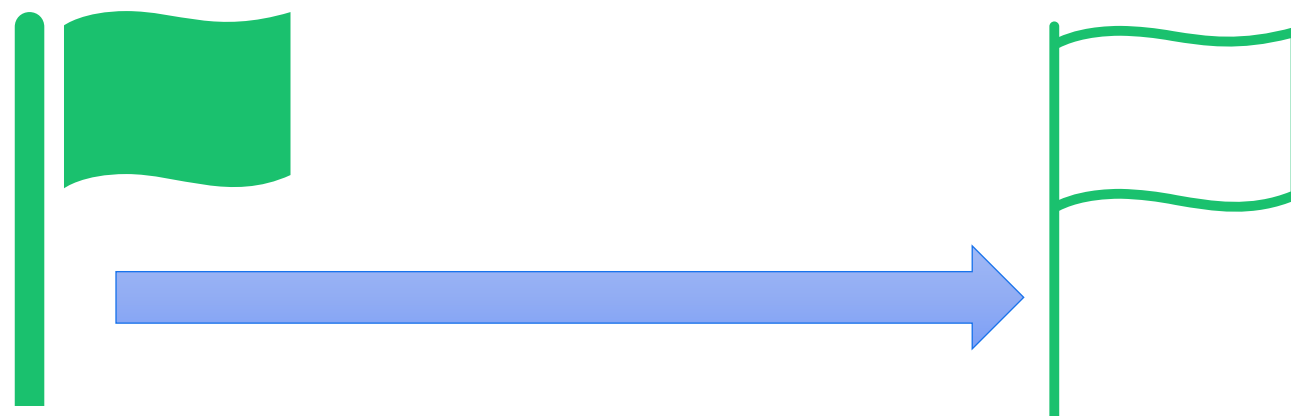
Mental Health  
Support Team

# What is a Transition?

Transition is:

“the process or a period of changing from one state or condition to another”

(Oxford English Dictionary, 2022)





Mental Health  
Support Team

# How do you feel about .....

1. moving to secondary school?
2. knowing who to talk to about your worries?
3. knowing how to help friends if they are worried?



NOT CONFIDENT



EXTREMELY CONFIDENT



Mental Health  
Support Team

---

# Nervous and excited!





Mental Health  
Support Team

# Excitement about transition to secondary school



New start



Making friends



Different  
subjects



New teachers



Lunch and after-  
school clubs



More  
independence







Mental Health  
Support Team

# Worries about transition to secondary school



Getting lost



Will I lose my  
old friends?



Classwork



Homework



Bullying



New teachers



Exams





Mental Health  
Support Team

---

# How is secondary school different?

1. Independence
2. Travel
3. Lunch times
4. Making friends
5. New uniform

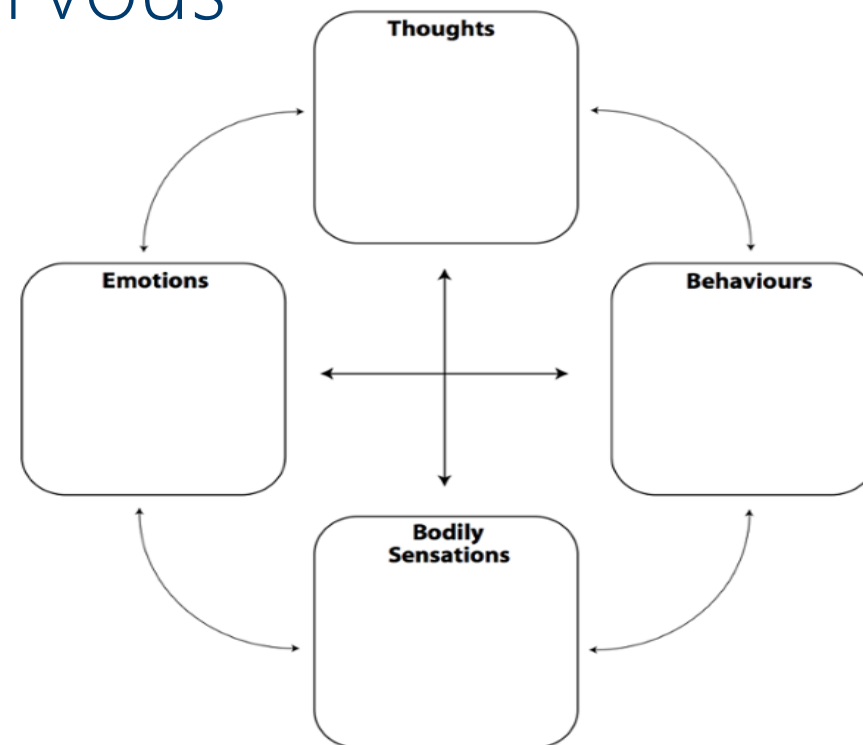




Mental Health  
Support Team

# Thoughts, feelings, behaviour when going through transition

This is Ben, he is about to start a new school and is feeling nervous





Mental Health  
Support Team

# What could Ben do to help?

- In pairs, think of things that you could do to help yourself if you were feeling nervous



# Top tips for transitioning to secondary school

## Talk to someone

- Buddy up





Mental Health  
Support Team

---

# Visit the school

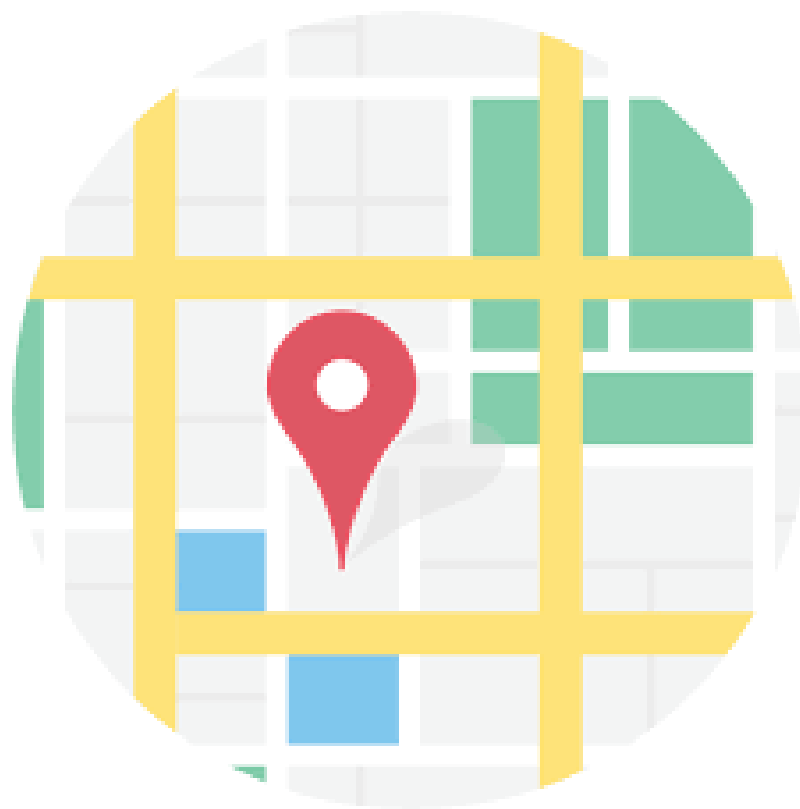




Mental Health  
Support Team

---

# Get a map





Mental Health  
Support Team

---

# Talk to the teachers







Mental Health  
Support Team

---

# Do some self-care

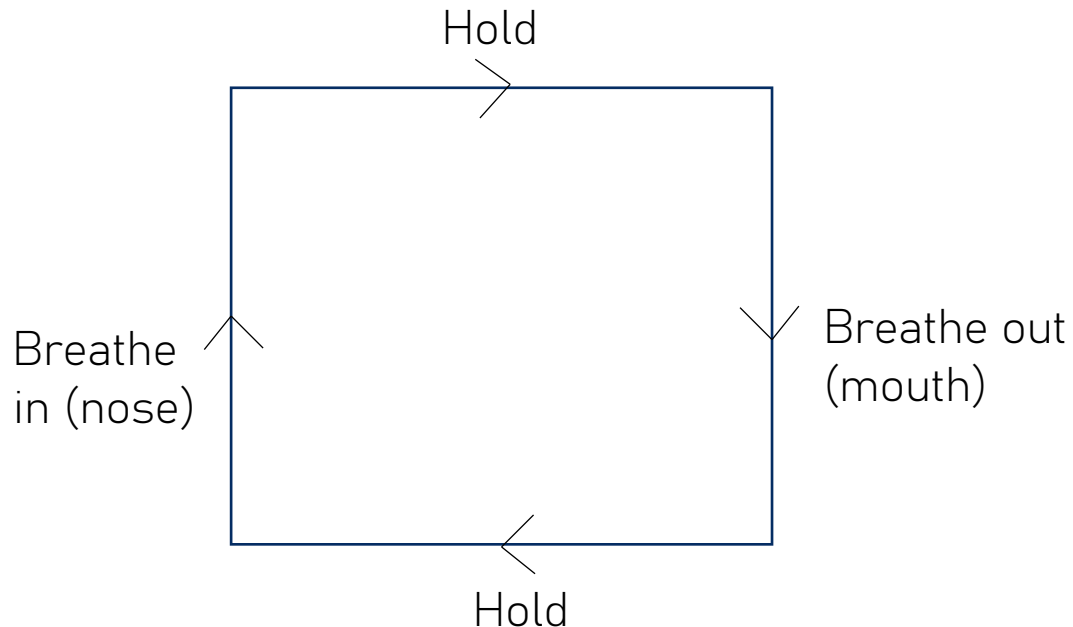




Mental Health  
Support Team

# Slow breathing

Square breathing:  
breathe in, hold,  
breathe out, repeat



Hand breathing: hold your hand out like a star. Use your pointer finger from the opposite hand and place it at the bottom of your thumb. Trace around your hand, breathing in as you go up the fingers, and out as you come down. Repeat.



Mental Health  
Support Team

---

# You've got this!





Mental Health  
Support Team

# How do you feel about .....

1. moving to secondary school?
2. knowing who to talk to about your worries?
3. knowing how to help friends if they are worried?



NOT CONFIDENT



EXTREMELY CONFIDENT

# Support Services

**YOUNGmINDS**  
YoungMinds: Crisis Messenger,  
free 24/7 text support | Tel:  
85258 | (youngminds.org.uk)


**childline**  
ONLINE, ON THE PHONE, ANYTIME  
**Child-line:** confidential help  
and advice - childline.org.uk (1:1  
chat online) tel: 08001111

**kooth**  
**Kooth.com:** free  
on-line counselling  
resource for young  
people

**shout**  
**85258**  
here for you 24/7  
**Shout:** Free, 24/7  
mental health text  
support  
Text 'Shout' to 85258.  
(giveusashout.org)

  
**What's up?** app  
utilising CBT and ACT  
methods to help you  
cope with Depression,  
Anxiety, Anger & Stress

  
**Mind:** online mental  
health information and  
support | Tel: 0300 123  
3393 | (mind.org.uk)

  
**Moodgym:** interactive  
programme based on CBT.  
Learn and practise skills to  
prevent and manage  
symptoms of depression and  
anxiety.

**MENTAL HEALTH  
RESOURCES &  
FURTHER HELP**

 **headspace**  
**Headspace:** app with  
guided meditations,  
mindfulness and sleep  
stories.

  
**Samaritans:** offer a safe place  
to talk at any time (24 hours a  
day, 365 days a year) tel: 116  
123 | (samaritans.org)

  
**The Mix:** online support  
community and crisis  
messenger. Free helpline  
and counselling service  
| Tel: 0808 808 4994 |  
(themix.org.uk)

  
**Mental Health  
Support Team**  
Bath and North East Somerset

  
**Mindshift:** app -  
change how you think  
about anxiety. Includes  
coping strategies and  
relaxation exercises.

  
**SAM:** self-help app  
for anxiety  
management

---

# Any questions?





Mental Health  
Support Team

---

# Feedback

