

TRANSITION TO SECONDARY SCHOOL



CAMHS
Mental Health
Support Team
(MHST)

Date: Tuesday 19th May

WE WILL TALK ABOUT:

What does it mean to transition?

Feelings and sensations it can cause

Things we may look forward to

Worries we may have

Strategies to help us manage our worries and emotions

Looking after our wellbeing over the summer

Who could we go to for more help

DELIVERED BY CAMHS
MENTAL HEALTH
PRACTITIONERS