

What does the MHST do?

Support can be offered in the following ways:

- One to one meetings between young person and practitioner
- Groupwork (in person)
- Groupwork (online)
- Parent support / workshops



We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please find further information via the QR code below.



SCAN ME

- Open the Camera app on your mobile phone.
- Select the rear-facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device will recognise the QR code and display a notification.
- Tap the notification to open the link associated with the QR code.



Mental Health Support Team

Information for parents



Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.



Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



Who MHST can't support

In the absence of a mental health need, we can't support young people who are struggling with:

- Trauma
- Autism or ADHD
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



How can I refer into MHST?

Contact the Senior Mental Health Lead at your school if you feel your child would benefit from support from the Mental Health Support Team.