

Mental Health Support Team in Schools (MHST)

Supporting mental health and educational well-being for children and young people.

Introducing Mental Health Support Teams (MHST)

Your school has signed up to work with a Mental Health Support Team (MHST). This is a service that supports children and young people (CYP), aged 5 to 18, and their families, with mild to moderate mental health difficulties. This includes anxiety and/or depression needs.

The team will provide support to your child, where appropriate, through you as a parent or carer. In some cases, the team can provide direct support to your child. Both the MHST and your school will consult with your child and yourself to make a successful referral to our team, or signpost to the most appropriate support.

MHSTs work with CYP, parents/carers, school staff, and external specialist services. They provide support through:

- Group programmes.
- 1:1 intervention, where indicated by the need.
- Training and workshops for both schools and parents.
- Guided self-help.

Sessions will be during the school day with yourself or your child depending on your child's age.

How do I access the support?

If you have concerns about your child's mental health please speak to a member of school staff. They will consult with you and your child to discuss the options available. The member of staff or the school's mental health lead will complete and submit a referral to us. Referrals are screened and then we complete an assessment with you and your child. If appropriate you will be allocated for treatment, otherwise, we will offer guidance to signpost to another service.

If in doubt, please contact the MHST on 01908 725691 or cnwl.mhst@nhs.net for any questions.

