

Key Information

The MHST offers CBT informed interventions and robust clinical supervision is offered to all practitioners within the team.

Informed consent will be required from children, young people and parent/carers

All interventions will be recorded on SystemOne, which is our health electronic record system

All MHST staff have enhanced DBS checks

What does the MHST do?

1:1 interventions and group work on:

- Low Mood
- Anxiety

Workshops on:

- Managing Worries
- Managing Emotions
- Sleep Management
- Managing Exam Stress
- Managing Transitions

Parent workshops on:

- Understanding my child's worries
- Talking to my child about mental health
- Supporting behaviour

Staff training on:

- Understanding and supporting anxiety in the classroom
- Understanding and supporting low mood in the classroom
- Managing staff well-being

MENTAL HEALTH SUPPORT TEAM

You can contact the MHST through your schools Mental Health Lead

Who are we?

Mental Health Support Teams (MHSTs) have been created to offer early intervention, low intensity, mental health support within schools for children and young people with mild to moderate mental health difficulties.

The MHST will also support the Mental Health Lead in each education setting to introduce and develop their Whole School Approach.

The MHST will also offer support and advice to education setting staff to identify the most appropriate services for their need and help liaise with other appropriate services.

The EMHP role

Education Mental Health Practitioners (EMHPs) have a clear criteria to support low level (low intensity) mental health needs such as low mood, anxiety and phobias.

EMHPs are able to provide assessments, evidence based individual and group pupil work, shared decision making with pupils, family parenting groups, onward signposting to other teams and services and whole school projects.

1:1 work is a key aspect of the EMHP role. Weekly intervention sessions are approximately 30-40 minutes long and last 4-8 sessions.



How did MHSTs come about?

The purpose of the MHST is to improve the mental health and wellbeing of children and young people and is driven by the Green Paper 'Transforming Children and Young People's Mental Health Provision' (www.gov.uk).

In Northamptonshire, we currently have 5 MHSTs across the county. Each team works with a range of infant, junior, primary and secondary schools, as well as colleges.

Referrals are made via the school's identified Mental Health Lead. Work will then commence in the education setting, enabling young people to access support in a safe and familiar environment.