



Welcome from the Mental Health Support Team (MHST) at Townsend School

Townsend School has recently linked with the Mental Health Support Team (MHST) and has a dedicated Educational Mental Health Practitioner.

The St Albans MHST sits within Hertfordshire Partnership Foundation Trust (HPFT) NHS Child and Adolescent Mental Health Services (CAMHS). Our team is made up of multi-disciplinary professionals, including Education Mental Health Practitioners (EMHPs) who are trained to deliver evidence-based interventions of guided self-help.

Townsend School St Albans MHST Practitioner



Jo Chapman

Educational Mental
Health Practitioner

Aim and Ethos:

MHST's provide an education-based early intervention and prevention service for children and young people (CYP) aged 5-19 years with emerging low-level mental health and wellbeing needs or behavioural difficulties. The service is 9am-5pm Monday-Friday 52 weeks a year.

MHSTs can help work through struggles with low mood, anxiety/worry, and behavioural difficulties. They can assist in putting strategies in place and support with practical steps to better manage these challenges.

We work with school leaders to promote better mental health for everyone as part of the schools 'Whole School Approach'. The MHST aims to embed supportive mental health practices into educational settings culture, working collaboratively and directly with educational staff, parents/carers, and pupils to enable children and young people to engage in looking after their emotional health and well-being.

We aim to increase the community's awareness of mental health issues and promote and respond to emerging needs.

If you feel more immediate support is needed do not hesitate to contact your GP, SPA on 0800 6444 101 or 111 for advice and 999 in an emergency.

We offer a range of interventions for students and parent/carers from 1:1 or group sessions.

We also offer workshops for parents/carers, staff, and pupils. Our groups and workshops aim to support all young people and their networks to better understand and support their mental health and wellbeing.



Our interventions are based on Low-Intensity Cognitive Behavioural Therapy (LI-CBT). This is a talking therapy based on understanding that thoughts, feelings, physical sensations, and behaviours are interconnected.

A low-intensity intervention means that there is several focused sessions of individual face-to-face or virtual therapy, typically 4-10 session. These interventions rely on a collaborative, goal-based approach, where the young person can acknowledge their difficulty and is motivated to talk about this and work towards change by applying skills/approaches in the home environment.

To be noted: some children and young people may be better supported by alternative services, we work with your school staff to identify the most appropriate support, this may not always be the MHST.

If you feel more immediate support is needed do not hesitate to contact your GP, SPA on 0800 6444 101 or 111 for advice and 999 in an emergency.