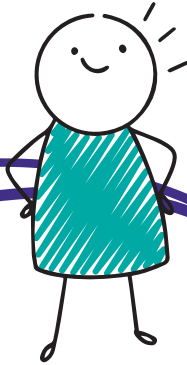




Herts & West Essex  
Mental Health Support Teams



# What is a **Mental Health Support Team (MHST)**?

Hertfordshire MHST work within partner educational settings to provide early help and preventative support for the mental health and well-being needs of children and young people aged 5-19 years.



# What is a Mental Health Support Team (MHST)?



## MHSTs have three core functions:

- To deliver evidence-based interventions for mild-to-moderate mental health issues;
- Support the mental health lead in each school or college to introduce or develop whole school or college approach and;
- Give timely advice to school and college staff and liaise with external specialist services to help children and young people to get the right support and stay in education.

## What we offer



## One to one support

- We use a guided self-help Cognitive Behavioural Therapy (CBT) informed approach
- We work directly with parent/carers of primary age children to help with fears and worries or mild behaviour difficulties
- We work directly with young people 11 years+ to help with low mood, specific fears, worries and well-being needs
- Interventions with young people and their families are typically 1 hour weekly and between 4 to 10 weeks in duration at their educational setting



## Group support

- Group work is an option for individuals who are experiencing similar difficulties with their mental health and well-being
- We offer group work to children/young people of both primary and secondary age who would benefit from support with understanding emotions, low mood, transitions or friendships, for example.
- We also offer group work to parent/carers of primary age children whose child/young person may be experiencing fears and worries, for example.



## Whole school or college approach

The MHST also work with education staff to promote better mental health for all as part of the educational setting's 'whole school approach'. The MHST supports educational settings to create a positive ethos and culture surrounding mental health, where everyone feels they belong, and mental health and well-being is prioritised. To support this mission, we deliver workshops, assemblies, staff training and attend setting events.

Our team aims to embed supportive mental health practices into educational settings by working collaboratively with educational staff to provide the best care for children/young people. We also work with other local services to ensure we are all working together to support families and young people to meet their needs.





## How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.



## How can I request support from the MHST?

Speak to the Designated Mental Health Lead (DMHL) at your school/college who can refer you to our service.

Or fill in your details below and hand this to a trusted member of staff who will pass this onto the DMHL.

**The Mental Health Support Team is not an emergency service and is unable to provide urgent or crisis care. If a child or young person is in crisis, you should:**

- Call Freephone 0800 6444 101 (Single Point of Access (SPA) 24/7 Mental Health Helpline)
- NHS 111 and select option 2 for mental health service
- If they are seriously ill or injured, dial 999 for the emergency services or attend A&E



Name of Child:

Name of Parent:

Email Address:

Contact Number:

Intervention: MHST Initial Assessment • Date:

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