

MHST: Mental Health Support Teams

Information for Parents/Carers and Children/Young people

How can they support us?

- By helping schools, parents and young people to understand emotional health and raise awareness on common mental health concerns.
- By providing advice and developing strategies, including the importance of self-care, for positive emotional wellbeing
- By supporting parents/carers to access relevant services
- By identifying and delivering training to embed a whole school approach to emotional health

Who are the MHST?

The MHST are an early intervention support team working with your school supporting the emotional and mental health of children and young people.

Where can I get more information?

If you would like any further information, you can speak with your school's Emotional Wellbeing Lead.

This is:

Mrs Aswat

How will this work?

- Training in schools
- Discussion meetings
- Parent drop ins
- Group work
- Information sessions and workshops
- Individual sessions for children, young people and parents