

Mental Health Support Team – MHST wave 1

Who we are:

The MHST is a new government initiative to increase access to mental health support for children and young people and provide early intervention

We follow a Whole School Approach, working to make mental health and wellbeing everybody's business.

What we do:

We offer 1:1 Guided Self Help for children experiencing anxiety or challenging behaviour. This includes up to 8 sessions.

Guided Self Help is a low intensity, evidence based for mild to moderate mental health difficulties.

Intervention with Primary school children is conducted with parents in accordance with the current evidence base.

What else we do:

Specialist Screening for ASD/ADHD.

Workshops on transitions to secondary school or starting reception, mental health first aid, staff wellbeing,

MHST Emotional Wellbeing phone Line

Online and phone work during school closures.

How to Refer:

Speak with Helen Walsh (SENCo).



Who to refer for Intervention ?



* Families with a child in school aged 3 – 11 who could benefit from support for anxiety or challenging behaviour

Challenging behaviour (what to look out for)

- If a child continues to have behavioural problems for several months or longer, is repeatedly being disobedient, cheeky and aggressive.
- Challenging behaviour can be linked to strong feelings of being misunderstood, having difficulty communicating, being lonely, feeling out of control and low in mood.

Child Anxiety (what to look out for):

- Excessive worry
- Complaining of frequent physical ailments such as stomach pain or headaches.
- Lacking confidence to try new things or seem unable to face simple, everyday challenges.
- Finding it hard to concentrate
- Problems with sleeping or eating
- Angry outbursts
- Lots of negative thoughts, or keep thinking that bad things are going to happen
- Avoiding everyday activities, such as seeing friends, going out in public or going to school