



# Who are Mental Health Support Team in Schools?

Mental Health Support Teams (MHST) in Schools are funded by the NHS and Department of Education.

We offer support in schools for children and young people who are struggling with wellbeing challenges, such as anxiety, low mood and low level behaviour problems.

We offer a range of services, some of which include:

- 1:1 evidence based, low intensity CBT with children and young people
- Wellbeing workshops for pupils
- Parent/carer workshops
- Staff training

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# Is the MHST the right support for my child?

We work with children and young people who are experiencing symptoms of:

- Separation Anxiety
- Health Anxiety
- Social Anxiety
- Generalised Anxiety Disorder (GAD)
- Panic
- Emerging Low Mood
- Behaviour difficulties
- Specific Phobia (excluding needles, blood or sick)
- Agoraphobia
- Obsessive-Compulsive Disorder (OCD) if the compulsions take up less than an hour of the child's day

If any of these are impacting your child, please get in touch with your school.