

Welcome to a Mental Health Support Team



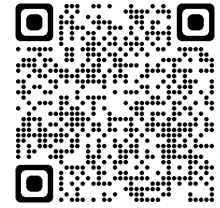
Department
for Education

NHS

England

Mental Health Support Teams (MHSTs) are government funded and are designed to help meet the mental health needs of children and young people in primary, secondary and further education settings .

Promotion, prevention and early identification are at the heart of MHST work.



Find out more here: [NHS England » Mental health support in schools and colleges](#)

Mental Health Support Teams have 3 core functions:

1. To deliver evidence-based interventions for mild-to-moderate mental health issues.

2. Support the senior mental health lead in each school or college to introduce or develop their whole school or college approach.

3. Give timely advice to school and college staff and liaise with external specialist services to help CYP get the right support



MHST name: _____

EMHP name: _____

Your MHST day: _____

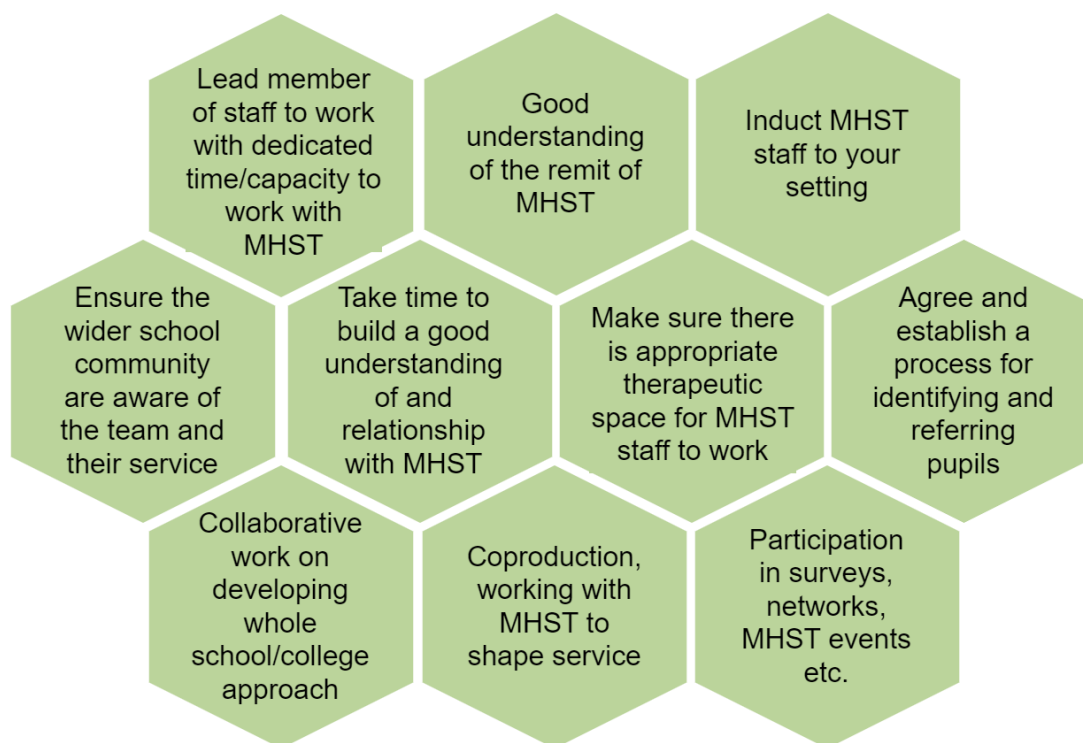
Contact details for your MHST:

The MHST has been invaluable in being able to support the mental health and well being of our pupils in school. They are able to offer support, advice and guidance to staff and their work enables the pupils they work with to approach their issues in a child friendly and sensitive way.

Benefits of working with a Mental Health Support Team



Expectations of schools/colleges



In addition to the general expectations for schools and colleges, schools and colleges that host a trainee Education Mental Health Practitioner (EMHP) are expected to:

<p>Provide practical experience for the EMHP trainee over 9-10 months</p>	<p>Identify opportunities for EMHPs to deliver a range of evidence-based group and individual interventions for pupils with mild to moderate mental health needs</p>	<p>Work in partnership with the MHST and university/training provider to embed the trainee into the school community, supporting their needs</p>	<p>Work with the EMHP and their university/training provider to identify learning opportunities and experiences, and support the EMHP to access them</p>
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For more information about your local offer, speak to your Mental Health Support Team colleagues.