Welcome to a





Mental Health Support Team

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 evidencebased 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

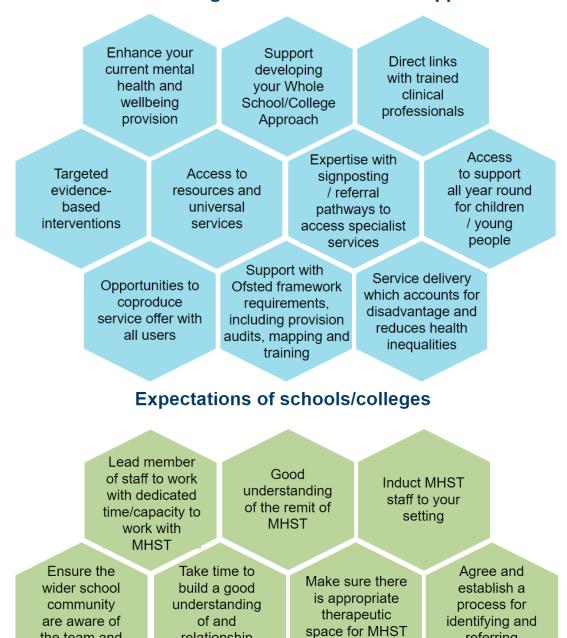
Curriculum An ethos and teaching and learning to promote environment that resilience and promotes respect and support social and values diversity emotional learning **Targeted** support and **Enabling** Leadership and appropriate student voice to management that referral influence supports and champions decisions efforts to promote emotional health and wellbeing Staff Working with development to support their **Parents** own wellbeing and carers and that Identifying need of students and monitoring impact of interventions

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.

The 8 principles of a whole school/college approach

Benefits of working with a Mental Health Support Team



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:

Coproduction.

working with

MHST to

shape service

Provide practical experience for the EMHP trainee over 9-10 months

the team and

their service

Identify opportunities for EMHPs to deliver a range of evidence-based group and individual interventions for pupils with mild to moderate mental health needs

relationship

with MHST

Collaborative

work on

developing

whole

school/college

approach

Work in partnership with the MHST and university/training provider to embed the trainee into the school community. supporting their needs

staff to work

Participation

in surveys,

networks,

MHST events

etc.

Work with the EMHP and their university/training provider to identify learning opportunities and experiences, and support the EMHP to access them

referring

pupils