

The NHS Mental Health Support Team (MHST) in Schools was designed by the document to improve access to mental health support for young people and families. To do this, the MHST work very closely with schools to build strong relationships to offer early intervention. We both support the development of a whole school approach to mental health in school, as well as provide therapeutic support directly to young people and families.

together collaboratively since 2019 to enhance the mental health provision in school and so far, we have trained student Mental Health Ambassadors, offered staff training on supporting mental health, sent out surveys to the whole school community and are currently developing a mental health strategy to further support the whole school.

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based therapeutic interventions for young people who experience mild to moderate symptoms of common mental health concerns, such as low mood, worries and/or behavioural difficulties. We offer interventions based on Low Intensity Cognitive Behavioural Therapy (LICBT) which explores the link between our thoughts, emotions, behaviours and physical symptoms. The interventions are delivered through 6-8 sessions, as per the low intensity model of support, and can be offered as 1:1 or group appointments.

to our team then please feel comfortable speaking with your

