



Mental Health IN SCHOOLS TEAM

THE MHSTs are a new NHS funded initiative designed to support mental health and wellbeing in education settings.

We in Southampton are fortunate to be able to offer support to the majority of mainstream schools in the city, and even better, that includes YOUR school!

Our team is made up of Education Mental Health Practitioners (EMHPs), Senior Wellbeing Practitioners (SWP's) and CBT Therapists who offer evidenced-based, targeted support for children and young people with a range of presenting mental health difficulties.

TARGETED SUPPORT

We offer support for children and young people, or their families to target mental health difficulties. Predominantly this involves working with parents to support their child with anxiety or difficulties managing their behaviour. We also offer 1:1 therapy, groups and workshops.

- Low mood
- Social anxiety
- Panic disorder
- Generalised anxiety disorder and worry management
- Specific phobia (e.g.dogs/ heights)
- Separation anxiety
- OCD
- Supporting a child with behavioural difficulties

Parent Led work

For children under 11 we predominantly work with parents to support them with their child's anxiety or challenging behaviours. The treatment is a highly evidence-based, manualised approach designed to manage their anxiety or behaviours that challenge.

THE WHOLE SCHOOL APPROACH TO MENTAL HEALTH AND WELLBEING IN SCHOOLS

Our team also supports the mental health lead in your school to develop the whole school approach, based on the framework below:



HOW TO MAKE A REFERRAL TO THE MHST

IF YOU WOULD LIKE TO REFER A CHILD, THEN PLEASE CONTACT YOUR SCHOOL'S MENTAL HEALTH LEAD TO DISCUSS A REFERRAL.