MENTAL HEALTH SUPPORT TEAM

In partnership with Young Somerset & Somerset NHS Foundation Trust

We are one of the schools in Somerset who are being supported by the Mental Health Support Team (MHST). MHST in Somerset is a collaboration between Somerset NHS Foundation Trust - CAMHS and Young Somerset

Mental Health Support Teams (MHST) were established to improve children & young people's access to early mental health and wellbeing services, by providing support in schools.

MHST's have 3 core functions –

1- To provide evidence-based Cognitive Behavioural Therapy (CBT) interventions for mild to moderate mental health and wellbeing needs through: 1:1 Support (face to face or virtual), Group Work, and Support for Parents.

2- Supporting the Senior Mental Health Lead in each MHST school to introduce or develop a whole school approach to mental health and wellbeing.

3- Give timely advice to schools, provide signposting and liaising with external agencies to get the right support.

MHST staff are supporting our school working along side all staff, students and parents to help create a more Mentally Healthy school environment for all.

If you would like to find out more please speak to the Senior Mental Health Lead in school (SMHL)

Sarah Eades

For more information please visit: www.youngsomerset.org.uk/mhst

Young Somerset

NHS Somerset NHS Foundation Trust