



How do I access the MHST?

Talk to your school's Designated Mental Health Lead who will then contact us.

We will discuss with them about how best to support your child's mental health.

If we can help and you give consent to be referred to the MHST, the Designated Mental Health Lead will then complete a referral.

Once we have received this referral, we will contact you to arrange next steps.

A practitioner will work with you either within a group or, in some cases, on an individual basis to support you and your child achieve identified wellbeing goals.



Contact us:
iownt.mhstenhs.net
0300 365 4010



Please note this is **not** a mental health crisis line.



Mental Health Support Teams (MHST)



Primary edition

Is your child struggling with...

feeling low?

their emotions?

getting angry?

feeling stressed about exams?

worries?

feeling anxious?

their behaviour?

getting into school?

Many children experience anxiety, low mood or other difficulties with their mental health and wellbeing, so a new service is available in your school to help.

Mental Health Support Teams (MHST) are based in schools all over England and its staff are trained to deliver a range of short-term interventions that improve mental health and wellbeing. These interventions are collectively called Cognitive Behavioural Therapies or CBT.





What is CBT?



CBT is an evidence-based treatment, effective in helping improve the wellbeing of people who are experiencing common mental health difficulties including low mood, worries and anxiety.

The MHST practitioners in contact with your school, work in teams that are led by experienced mental health professionals and have been set up to support children and young people all over England.

We are a confidential service and are available to access in your child's school.

Locally, the IW MHST is a collaboration between the IW Youth Trust, Barnardo's and the IW NHS Trust. The team is made up of Education Mental Health Practitioners (EMHPs), mental health practitioners and admin.

What we do

Evidence suggests that a parent-led approach to treatment is the most effective way to support mental health improvement for children of primary school age. Therefore, MHSTs work with you rather than directly with your child.

Your child may however have contact with us via our 'Whole School Approach' function during their time in Primary School.

Each practitioner has lots of different tools that they can give you, to help you support your child.

How we can help children in primary schools



Whole School Approach:

We deliver a 'whole-school approach' that supports the entire school with their wellbeing by delivering workshops, assemblies, and lots more!

Staff Specific:

We help education staff to recognise and support children with common mental health problems. This is achieved through delivery of tailored workshops.

We regularly liaise and provide consultation for education staff to support them to access appropriate mental health support for pupils.

Parent Specific:

We help parents to support and improve their child's wellbeing through delivery of; one off workshops, structured group programmes, and individual work (considered if group work is not achievable).

