

## 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 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 your parent/guardian 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 your personal wellbeing goals.



Contact us:  
[iownt.mhstenhs.net](mailto:iownt.mhstenhs.net)  
0300 365 4010



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

# Mental Health Support

## Teams (MHST)

### Secondary edition

Are you aged 11-16? Finding things tough? Many young people experience anxiety, low mood and 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.

Are you struggling with...

getting into school?

your emotions?

feeling anxious?

getting angry?

feeling stressed about exams?

worries?

feeling low?

...MHST can help!

## 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 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

Each practitioner has lots of different tools that can help you.

Here are some examples of what may be covered in the sessions:

- The first session is about getting to know you and what you need support with.
- The focus will then be on helping you use a therapy called Cognitive Behavioural Therapy (CBT).
- In every session you will learn new ways to deal with the emotions you are finding difficult, how to deal with worries, overcome anxiety, challenge negative thoughts or boost your mood.

## How we can help young people in secondary schools/colleges

### 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 you 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 you and your classmates.

### Student specific:

We help support and improve your wellbeing through delivery of; one off workshops, structured group programmes, and individual work (considered if group work is not achievable).

