

The Education Mental Health Practitioner for your Secondary School

is:



Designated Mental Health Lead in your School

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Please speak to the Designated Mental Health Lead in your school if you would like to find out about what support is available for your well-being and mental health.



We are an early intervention service and unable to provide crisis care.

If you need to speak to someone urgently about your child's mental health please contact your GP or any other professional supporting you, such as a social worker.

Out of hours contact the Crisis Team: 0800 073 0006 or go to A&E

The Samaritans provide free, 24 hour telephone support on 116123

Mental Health Support Team

City & Hackney Specialist CAMHS
John Scott Health Centre
220 Green Lanes, Woodberry Down,
London N4 2NU

Phone: 02088095577

Email: elft.wamhs@nhs.net

Website:

<https://cityandhackneycamhs.org.uk/>

Instagram:

[city.hackneymhst](https://www.instagram.com/city.hackneymhst)



Wellbeing and Mental Health Services in your School



Introducing the Mental Health Support Team (MHST)

Who are we?

The Mental Health Support Team is an NHS service which is part of the Wellbeing and Mental Health Service (WAMHS) for your school. We work with parents, carers, young people, and school staff to help improve young people's emotional wellbeing. The team is made up of:

- Educational Mental Health Practitioners (EMHPs)
- Child and Adolescent Mental Health (CAMHS) Practitioners and
- Senior clinicians

What are our aims?

- To increase awareness of mental health and mental health difficulties
- To reduce stigma
- To notice and respond to signs of low mood and anxiety as soon as possible to stop them from becoming a bigger concern. For example, the young person might be starting to display:
 - Negative thinking and/or withdrawal from peers, family relationships and activities
 - Worries that are affecting their engagement with activities, learning or relationships.
- To offer guidance, support and evidence based interventions in schools to young people

Why are we here?

Our role is the result of research which shows the need for and the value of having more support of this kind in schools.

Support we offer

The MHST can offer a range of evidence-based interventions, based on the principles of Cognitive Behavioural Therapy (CBT), including:

- Group based therapy, including psychoeducation workshops for groups of students or parents on topics including transitions, understanding mental health, exam stress
- Guided self-help for anxiety (6-8 sessions) or low mood—Behavioural Activation (6-8 sessions)
- Tailored interventions to meet the needs of the school, including assemblies, workshops, working with partner agencies and supporting current work related to well-being in school.

Staff, parents and young people will be assisted by the MHST to identify young people who may benefit from an MHST intervention or will be signposted to a service that is more suitable for the young person.

How are we linked to your child's Secondary school?

We will be based within your child's school one day per week, supporting the school in improving the well-being through whole school, individual and group work.

We will work closely with the school's current link worker from Child and Adolescent Mental health Services (CAMHS) and the school's Designated Mental Health Lead to identify appropriate referrals and meet the school's well-being agenda.

How can my child get support from this service?

If your child is having difficulties they can speak to their Form Tutor or Head of Year who may suggest that they speak to a member of our service.

