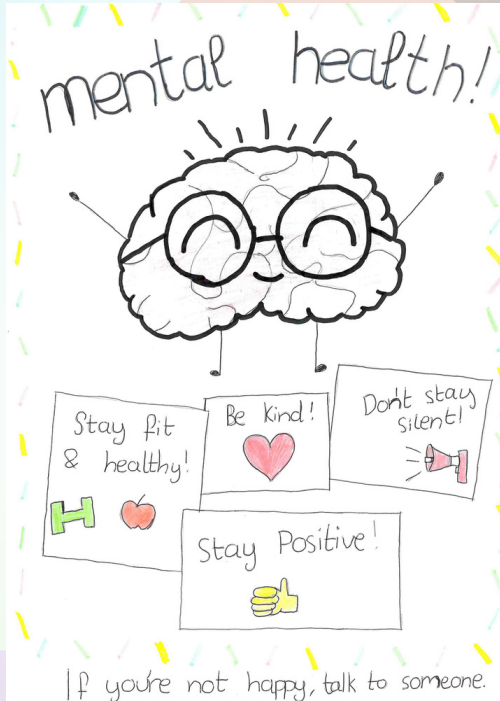


The Education Mental Health Practitioner for your School

is:



Designated Mental Health Lead in your School

is:

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 are unable to provide crisis care. If you need to speak to someone urgently about your 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 young people, parents and school staff to help improve young people's emotional wellbeing.



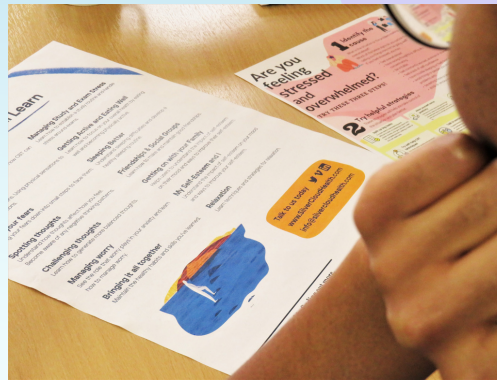
What do we aim to do?

Our aim is to raise awareness about mental health and reduce stigma.

We offer support mainly through workshops, groups and sometimes individual work.

We offer evidence-based psychological therapies and guidance for young people experiencing difficulties with emotional wellbeing and mental health.

We can also support parents and carers or work with families where young people are experiencing these difficulties.



Why are we here?

We are part of Children and Young People's Improving Access to Psychological Therapies (CYP-IAPT). We care about improving the quality of children and young people's mental health services.

We know that working in schools and involving young people in developing services improves them. We will regularly seek feedback to ensure we are providing a useful service.

Support we offer

- Workshops, for example diet and good sleep habits
- Group work, for example exam stress, anxiety
- Guided self-help for mild low mood and anxiety
- Cognitive Behavioural Therapy (CBT) for moderate low mood and anxiety
- Family work

How are we linked to your school?

An Education Mental Health Practitioner (EMHP) from the Mental Health Support Team will be based within your school one day per week.

We also have other clinicians in our team that can provide different services for your school or help to identify other services that may benefit you.

How can I get support from this service?

Your Form Tutor or Head of year can refer you to our service.

If you are having difficulties they may suggest that you speak to us, or you can ask them to be referred.

