




WHAT IS A MENTAL HEALTH SUPPORT TEAM (MHST)?



MHSTs are intended to provide early mental health support to children and young people in education settings with mild to moderate mental health concerns. Your child's school has signed up to be part of this government programme to support children and young people with mild to moderate emerging mental health issues, and so, has a team of NHS staff now linked to the school and available to support and help.

The team is made up of different clinical staff who are trained in mental health. They are able to provide:

Individual face-to-face work (online or in-person), such as brief, low-intensity interventions for children, young people and families experiencing anxiety, low mood or behavioural difficulties.

Group work for pupils or parents, such as Cognitive Behavioural Therapy (CBT) informed guided self help for young people with conditions such as anxiety

