

MHST - Mental Health Support Team in SEN Schools



The MHST: Our values

The MHST is an **early intervention service**, using proactive strategies to support mild to moderate mental health difficulties and behaviours that challenge. This is part of a national programme to support emotional wellbeing and offer early interventions in school settings.

Whole School Approach to Wellbeing:

'In a whole school approach, wellbeing and mental health are everyone's business, with genuine engagement across the entire community: staff, pupils, governors, parents and external services.'

Contacting The MHST

Tele: 01727 732031

Email: hct.mhst@nhs.net

Making a referral

Your child's school can refer your child to the MHST for 1:1 or Group support. Please speak to the Mental Health Lead, SENCo, Family Support Officer, or Class Teacher to discuss a referral being made.



Support The MHST provides:

1:1 support

- 6 – 8 sessions
- Support with mild - moderate anxiety, low mood, or behaviours that challenge
- Sessions may be with young people, parents / carers or school staff depending on the nature of the difficulty.
- A referral is needed for 1:1 support

Group Support

- Parent groups
- Student groups
- A group will consist of 5 sessions.
- A group will support with a specific mild - moderate mental health difficulty (e.g support for behaviours that challenge, emotion regulation, transition)
- A referral is needed for group support

Workshops

- Single session providing information and support on a specific mental health and wellbeing topic

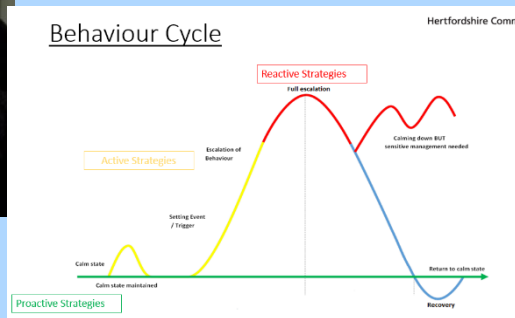


Parental consent:

Your child's school may ask the team to observe a classroom or your child, to provide advice. **If you do not consent to your child being involved with the team during their school day, please inform your child's school immediately.**

For all specific pieces of group or 1:1 work, your consent will be required prior to school completing a referral form, when the referral is accepted the team will contact you directly for further information.

The MHST in action!



How are you feeling right now?				
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE	
I FEEL...	✓ I FEEL...	✓ I FEEL...	✓ I FEEL...	✓ I FEEL...
SAD 😞	HAPPY 😊	FRUSTRATED 😡	ANGRY 😡	ANGRY 😡
SICK 🤢	CALM 😌	WORRIED 😟	TERRIFIED 😱	TERRIFIED 😱
TIRED 😴	OKAY 😐	SILLY 😜	DON'T WANT TO WORK 😡	DON'T WANT TO WORK 😡
BORED 😞	READY TO LEARN 😊	OVER EXCITED 😜	OUT OF CONTROL 🤪	OUT OF CONTROL 🤪

