Mental Health Support Team



What we offer...



Who do MHST work with?

In **Primary Schools** we work with parents of children experiencing:

- Anxiety/ Excessive Worry
- Low Mood
- > Emotional dysregulation
- Phobias



Virtual Parent-led Groups:

- Anxiety Group (PLA)
- Behaviour Group (PLB)
- Each group is six sessions
- 1-hour sessions
- Easily accessible online
- Includes support & practical advice to support children's mental health & wellbeing.

Single Session Thinking:

- A one-off session
- To problem solve your main concern with a professional.
- 1:1 or with your family
- Option for follow up support.



Verbal consultations for School Staff (online):

➤ To discuss more complex families & support needed.

How to refer to us...

- Use the MHST referral forms
- Return to the MHST via email.
- We triage weekly &

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