

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 & make contact.