

What to do if you are worried about your child's mental health

At one time or another, most people will experience a mental health difficulty. If you have concerns about a young person, there are lots of ways you can seek help.

Free websites such as www.mymind.org.uk, www.youngminds.org.uk and www.nhs.co.uk can be great places to find help.

Need urgent help? CWP's crisis line is available on 0800 145 6485

The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.

In an emergency—ring 111/999



If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail cwp.info@nhs.net

আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, ব্রেল ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tîp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwrch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本, 录音磁帶, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें



Cheshire and Wirral
Partnership
NHS Foundation Trust

Introducing Your Mental Health Support Team (MHST)



Helping people to be
the best they can be

What is a Mental Health Support Team (MHST)?

Cheshire and Wirral Partnership's MHSTs are an NHS service which is made up of different practitioners including Education Mental Health Practitioners (EMHP's), senior Mental Health Practitioners, administrators and clinical co-ordinators.

MHSTs are based within schools and are a National initiative which has been created to make it easier for families to access support as early as possible.

MHSTs aim to meet the needs of those who may not currently receive or meet the criteria for a specialist mental health services for children and young people (CAMHS).

EMHPs and mental health practitioners are trained to deliver interventions which have been scientifically proven to be effective when treating mild—moderate mental health difficulties.

A mild mental health issue is when a person has a small number of symptoms that have a limited effect on their daily life.

A moderate mental health issue is when a person has more symptoms that can make their daily life much more difficult than usual.

How can MHST help?

MHSTs aim to offer 3 core functions. They deliver evidence based interventions for **mild to moderate** mental health difficulties through:

- **Individual face-to-face work** eg; brief, low intensity interventions for children, young people and families experiencing anxiety, low mood, friendship or behavioural difficulties. These are usually around 6-8 sessions.
- **Group work for pupils or parents** eg; cognitive behavioural therapy informed work for young people with anxiety, low mood etc. Group or individual parent/carer work including parent-led CBT and workshops for parents/carers on a range of different topics.
- **Promoting a whole school approach to mental health and wellbeing.** Workshops with whole year groups, audits of classes/ year groups to establish early mental health needs, staff training



How can my child access this support?

If you or your child feel they may benefit from some extra support, please speak to your school who can make a referral to the team, if felt to be appropriate. We will need to have both your and your child's consent.

When a referral is received by the team, an electronic patient record is opened and information is held about your child. For more information on this, please visit www.cwp.nhs.uk/resources/leaflets/privacy-notice-information-we-hold/

If an assessment is offered, the MHST will let both you and school know. After the assessment, a letter will be sent out to you and/or your child to summarise the work that has been completed. This is typically shared with your school and GP as well.

Following the assessment, MHST may offer direct work with you or your child, or signpost on if it is felt that another service could best meet your child's needs. We might also support school in offering support to your child.

