

YOUR CAMHS MENTAL HEALTH SUPPORT TEAM

What is an MHST?

A Mental Health Support Team (MHST) is a team that works with schools to support children and families with managing mental health.

The three core functions of an MHST are:

1. Deliver evidence-based interventions for mild-to-moderate mental health issues
2. Support schools to introduce or develop Whole School Approach (WSA)
3. Provide timely advice and signposting

Function 1: Early Intervention

For children that are under 12 we offer the following parent-led support:

- Helping Your Child with Fears and Worries (for anxiety/worries)
- Brief Behaviour Management (for behaviour and/or emotional regulation management)

For young people over 12 we offer the following one-to-one support:

- Worry Management (for anxiety)
- Graded Exposure (for fears and phobias)
- Brief Behavioural Activation (for depression and low mood)

We can also offer other interventions within our team if it is felt that the above would not be suitable.

Function 2: WSA

A whole-school approach to mental health and wellbeing involves working together to prioritise mental health and wellbeing in the school community. [Click here](#) for more information about the principles of the whole-school approach.

The MHST loves to collaborate with schools, we do this in monthly/termly meetings.

We can develop bespoke pilots to suit the needs of the school community. On the overleaf are some examples of the work we have already completed in schools. Examples of what we can/do offer include:

- Support for transitions
- Staff workshops on understanding anxiety and low mood
- Lunchtime clubs
- Assemblies
- One-off workshops for parents/carers and young people
- Drop-in sessions
- Staff Wellbeing Steering Group

Function 3: Advice and Signposting

Our staff come from a variety of different professions including social workers, school nurses, mental health nurses and education staff. We regularly have “what-if” discussions with education professionals to explore MHST support and, if we are not able to support the family directly, we will signpost to more suitable services. Our staff have developed a bank of resources and signposting that you can access - click the link or scan the QR code below to visit.

[Parent/Carer Resources Padlet](#)



[Children and Young People Resources Padlet](#)

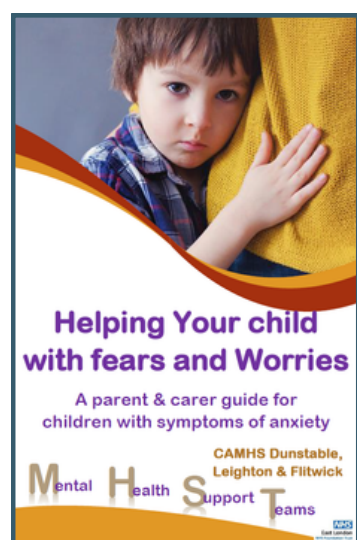


[School Resources Padlet](#)

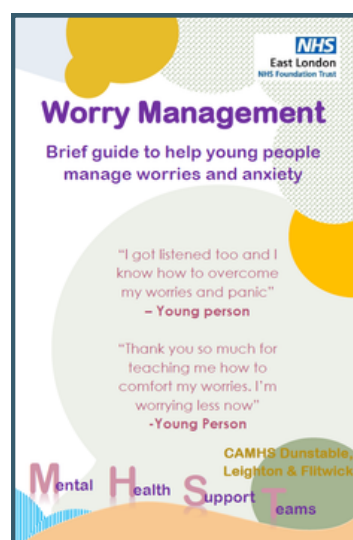
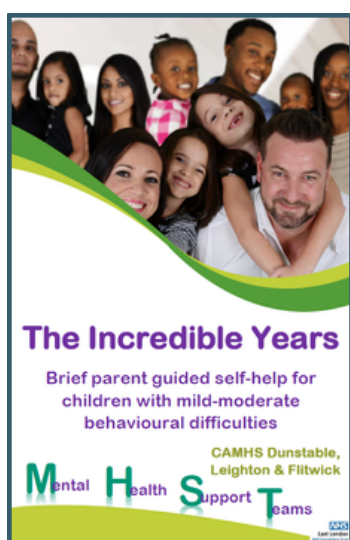


GALLERY

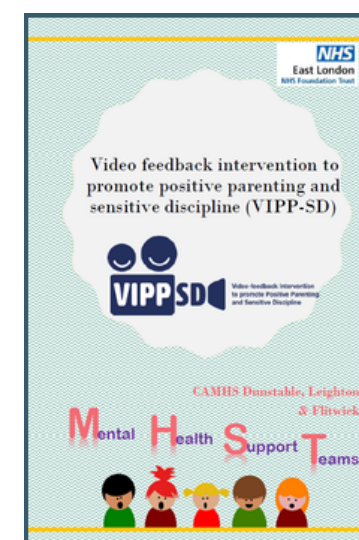
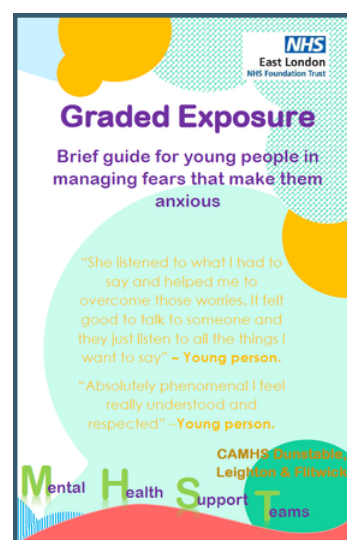
Our interventions



Parent-led interventions for children 12 and under

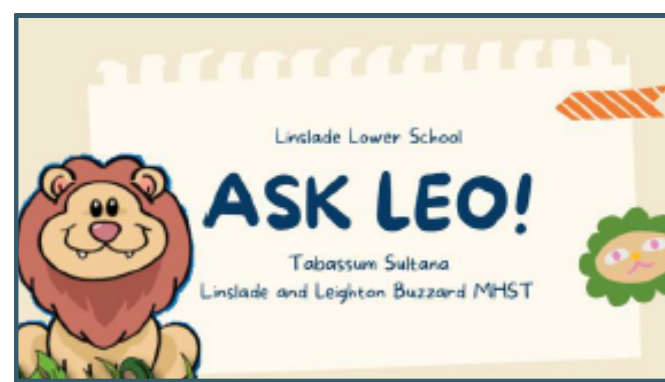
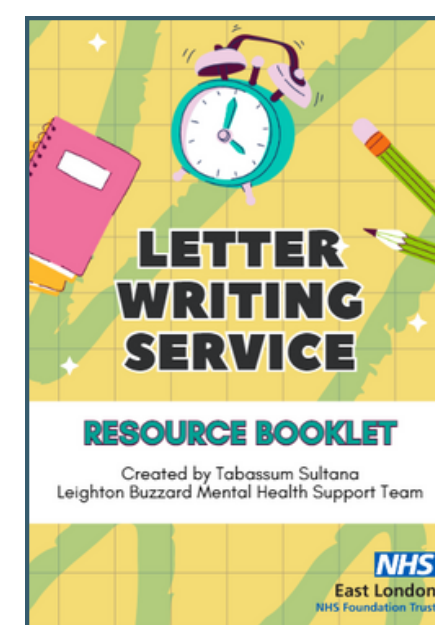


One-to-one interventions for young people over 12



An example of a specialist intervention

Examples of Whole School Approaches



Feedback from our schools

“Keep doing what you do as well as you do. Thank you.”

“Thank you so much to you and your team for all the work this year - you have been the best CAMHS team we have worked with by far! Look forward to working with you in the future.”

“Thank you again for all of your support and the work you have done at [school] over the last year. It has been a pleasure working with you and I look forward to another positive year ahead.”

“It is good to have the opportunity to talk about mental wellbeing and the importance of it for children and adults.”

“Thank you so much for supporting our students.”

“It is good to know that we have the support of CAMHS coming into school and offering their valuable knowledge”

“Many thanks, we really appreciate your support...”

If you would like to organise for a practitioner to meet with your school please contact: elft.centralbeds-mhst@nhs.net