

What does MHST do?

Support can be offered in the following ways:

- One to one interventions between young person and practitioner
- Groupwork (online)
- Online parent-led anxiety workshops (How to help my child with fears and worries)
- Supporting school staff to develop their whole school approach to mental health and wellbeing

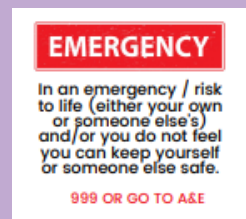


We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please reach out to one of the services below:



Mental Health Support Team

Information for parents



Burton and Uttoxeter – 01283 504487
Cannock and Seisdon – 01283 352113
Stafford – 01283 352097
Tamworth and Lichfield – 01785 301027

Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.



Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic
- Exam stress
- Phobia



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



Right service right time

There will be occasions when the team are unable to offer support; we always endeavour to explain our reasoning and to signpost to more appropriate services. The following list gives an indicator of some difficulties that are unsuitable for low intensity intervention:

- Trauma
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



How can I refer into MHST?

If you believe your child could benefit from support from the Mental Health Support Team, you can reach out to the Mental Health Lead at their school. Alternatively, you can refer your child directly by contacting your local MHST.