

MENTAL HEALTH SUPPORT TEAM

WHAT IS A MENTAL HEALTH SUPPORT TEAM ?

We are a new project that has been created to make mental health support accessible for more children and young people. We work solely with schools, helping them to develop ways to look after the mental health of their students, staff, parents and carers.

An MHST is a trained team made up of a Clinical Lead, Team Managers, Supervisors and **Educational Mental Health Practitioners (EMHPs)**, who work with schools to support children and young people who are struggling with their thoughts and feelings.

Check out our webpage to see which schools we're in www.otrbristol.org.uk/what-we-do/mhst/



Our logo is an otter because, like otters, we work as part of a team and we use tools! Some of our favourite tools are self-care, challenging negative thoughts, being empathetic and managing worries. We want to share these tools with everyone we work with, to help them manage their own wellbeing and build their resilience.

HOW DO WE HELP CHILDREN AND YOUNG PEOPLE ?

1:1 CBT Sessions (Cognitive Behavioural Therapy)

- We work with students on a **1-1 basis**, supporting them to manage anxiety, low mood and other problems with wellbeing.
- We sometimes work with families by delivering something we call **parent-led interventions**.
- In primary schools, we can work **1-1 with parents** giving them new ideas for supporting their child's mental health.

Whole School Approach

We also work with the whole school to deliver what we call a "whole-school approach" to mental health.

This involves loads of different activities, such as: providing staff training, doing assemblies, running parent workshops, running psycho-education groups, creating wellbeing boards and providing reflective spaces for school staff.

