

MHST in SEN schools

The Mental Health Support Team (MHST) in Special Educational Needs (SEN) Schools in Herts and West Essex support young people's mental health and wellbeing through early intervention work with parents and young people, and supporting schools to implement a whole school approach to mental health and wellbeing.

We are accepting parent/carers direct referrals to the MHST for Spring term 2021 (4th January – 26th March)

Are you concerned about your child's mental wellbeing and/or challenging behaviour?

Our team would be happy to talk to you about your concerns and advise on the best ways to support your child's needs.

If appropriate, they can offer 6-8 sessions of child and/or parent/carers support over video or phone calls. We are **only working via phone and video** for the foreseeable future.

The MHST is an early intervention service, so sometimes we might not be the best team to support you and your child. We can help signpost you to the most appropriate team for the needs.

The MHST usually takes referrals from school staff, but during this time you can refer to us directly. By making a referral you consent to the MHST sharing this request for support with your child's school.

Making a referral

If you would like to refer your child, please email us on hct.mhst@nhs.net.
Please include the following information:

Name of child/ young person:

Date of birth:

School:

Brief summary of your concerns:

Contact number:

Preferred time for a call-back:

By emailing us to self-refer, please understand that we will open your child's electronic patient record to document our interactions and better understand previous and current support.

A member of our team will aim to email or call you back within 3-5 working days to discuss your concerns in more detail.

We are only able to offer this to parents/ carers of children who attend schools that have signed up to support from the MHST for SEN schools. The MHST supports mental wellbeing in the following SEN schools in Herts and West Essex: The Collett, Colnbrook, Garston Manor, Middleton, Southfield, The Valley, Woolgrove, Oak view, and Wells Park.