

# MHST - Mental Health Support Team in SEN Schools Hertfordshire and West Essex

Hosted by PALMS



## The MHST: Our values

The MHST is an **early intervention service**, using proactive strategies to support mild to moderate mental health difficulties and challenging behaviours. This is part of a national programme to support emotional wellbeing and offer early interventions in school settings.

### Whole School Approach to Wellbeing:

*'In a whole school approach, wellbeing and mental health are everyone's business, with genuine engagement across the entire community: staff, pupils, governors, parents and external services.'*

## Contacting The MHST

**Tele:** 01727 732031

**Email:** [hct.mhst@nhs.net](mailto:hct.mhst@nhs.net)

## Making a referral

School staff can refer your child to the MHST for 1:1 support. Please speak to the Mental Health Lead, SENCo, Family Support Officer, or Class Teacher to discuss a referral being made.



## Support The MHST provides:

### 1:1 support

- 6 – 8 sessions
- Support with mild - moderate anxiety, low mood, or challenging behaviour
- Sessions may be with young people, or parents / carers depending on the nature of the difficulty
- A referral is needed for 1:1 support

### Group Support

- Parent groups
- Student groups
- A group will consist of a minimum of 5 sessions
- A group will support with a specific mild - moderate mental health difficulty (e.g support for challenging behaviour, emotion regulation)
- A referral is needed for group support

### Workshops

- Single session providing information and support on a specific mental health and wellbeing topic

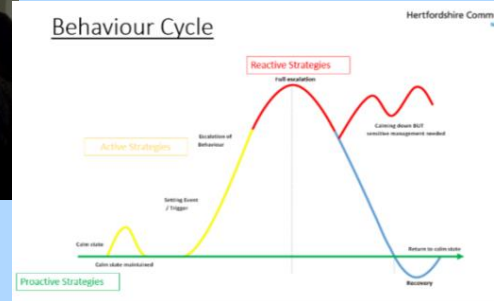


**The MHST in SEN Schools currently supports the following  
SEN Schools in Hertfordshire and West Essex:**

Southfield	St Luke's	Middleton
Larwood	Pinewood	Woodfield
Colnbrook	The Valley	Roman Fields
Haywood Grove	Garston Manor	Wells Park
Breakspere	Brandles	The Collett
Meadow Wood	Lonsdale	Oak View
Woolgrove	Greenside	

*If you would like more information about the MHST, please contact the Mental Health Lead at your child's school. Alternatively, please contact The MHST directly.*

## The MHST in action!



**How are you feeling right now?**

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
I FEEL... ✓	I FEEL... ✓	I FEEL... ✓	I FEEL... ✓
SAD 😞	HAPPY 😊	FRUSTRATED 😡	ANGRY 😡
SICK 🤢	CALM 😌	WORRIED 😟	TERRIFIED 😱
TIRED 😴	OKAY 😏	SILLY 😜	DON'T WANT TO WORK 😞
BORED 😞	READY TO LEARN 😊	OVER EXCITED 😜	OUT OF CONTROL 😡

