

# MHST - Mental Health Support Team in SEN Schools



## The MHST: Our values

The MHST is an **early intervention service**, using proactive strategies to support mild to moderate mental health difficulties and behaviours that challenge. 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

Your child's school can refer your child to the MHST for 1:1 or Group 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 behaviours that challenge
- Sessions may be with young people, parents / carers or school staff 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 5 sessions.
- A group will support with a specific mild - moderate mental health difficulty (e.g support for behaviours that challenge, emotion regulation, transition)
- A referral is needed for group support

### Workshops

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

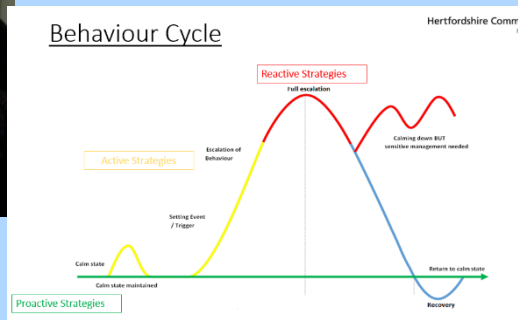


## Parental consent:

Your child's school may ask the team to observe a classroom or your child, to provide advice. **If you do not consent to your child being involved with the team during their school day, please inform your child's school immediately.**

For all specific pieces of group or 1:1 work, your consent will be required prior to school completing a referral form, when the referral is accepted the team will contact you directly for further information.

# 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...	✓ 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 😡	

