



Mental Health Support Team

Parent Newsletter

September 2022

Welcome to the MHST newsletter!
The MHST are a wellbeing service who work in your child's school. We are a low intensity, early intervention, NHS based service.

How do the MHST help our schools?

For parents

The MHST are available to assess and support children and young people who may experience common mental health problems including:

- Anxiety and worry
- Sleep hygiene
- Mild behavioural difficulties

For children of under 11, we work with and through parents as this can be the best way to help children who need individual wellbeing support.

For Schools

We support school staff to recognise and manage wellbeing needs through training and workshops.

We work closely with your school's Mental Health Lead to identify areas of need and deliver workshops to students and parents.

We encourage a Whole School Approach to mental health and wellbeing .

Parent Corner

For more information on our services please visit:

<https://combinedwellbeing.org.uk/>

Feedback from families

'Thank you for the support you have provided, it has been invaluable.'

'I feel better able to control the bad thoughts when they happen.'



Contact Details

The MHST worker based in your school is Beate Benton. For more information about how to refer to our service, please speak to your child's teacher.

If you develop significant concerns about your child's safety and wellbeing please call the Crisis Care Centre on 0800 0328 728. Always dial 999 or visit A&E in emergencies.