

# MENTAL HEALTH SUPPORT TEAM

Mental Health Support Teams in Schools is a brand-new mental health service for all students of this school.

So, who is this service for?

There is probably something here for every student! In summary we provide:

**Wellbeing conversations**

**Self-help information**

**Direct talk support**

**Mental Health Ambassador Training**

**Be a part of our Service Evolution Team**

## **Wellbeing conversations**

This is a moment perhaps to remind us all that it is very normal for us all to experience our mental health being out of balance at different times and sometimes it's not easy to manage this alone. Our friends, family and others in our worlds will all hold an important role in any recovery, sometimes this is enough and sometimes we need that little bit more.

Finding the right listener is sometimes what interrupts us asking for help. We are here to provide you with some time if you are noticing in yourself any of the following:

- experiencing ongoing change in your mood,
- experiencing increased feelings of panic; anxiety or low mood,
- perhaps feeling more irritable, tearful or less happy
- maybe you are noticing the things you used to enjoy are no longer bringing you enjoyment.

The Mental Health Support Team are here to offer you an opportunity to explore possibilities.

Our initial wellbeing conversation is a confidential space.

No assessment. No judgement. No pass or fail.

Our wellbeing conversation is a simple conversation to explore your worries and concerns about the way you think and feel and how you experience this impacting on your daily living; your social and emotional wellbeing and your love of learning.

We aim to create a space for you to explore what the NHS evidence says about what helps improve our mental health, what is available to you in your school, in your community and nationally.

We will dedicate this time to you, to listen well and hear what you would like to do next.

We would like to explore with you what works for you in balancing your mental and physical health. We are here to support you making your decision on your "what next?" The what next might be from us here in the Mental Health Support Team, or from our partners in other teams, or from individualised self-directed advice.

### **Direct support from us in MHST might look like this:**

Our Education Mental Health Practitioners (EMHP) provide an early intervention to children and young people who might be experiencing mild to moderate mental health and emotional wellbeing difficulties. We are based in schools and can offer between 6 to 8 high quality Low Intensity Cognitive Behaviour (LI-CBT) sessions either in school or remotely.

LI-CBT is an evidence based mental health intervention, this means that research has shown that LI-CBT really does help children and young people find helpful ways to cope with difficult thoughts and feelings and to find balance in their mental health.

LI-CBT is a programme of care that gives you dedicated space to connect your thoughts and feelings with your negative and positive behaviour patterns.

If you would like to access a Wellbeing conversation we welcome your contact.

If you would like to talk to us, please send us your completed self-referral form. We will contact you within a week to plan the next steps with you. If you prefer your parent to complete the form this is good with us too. You may want an adult in your school or your GP to help you access us, this too is good with us. You are welcome to follow whatever option works for you. If you need us, we are here.

## **What else do we offer?**

### **Mental Health Ambassador Training:**

We are looking for students to join our Mental Health Ambassador Training. The aim of these roles in the school is for students to directly influence how your school can become a mentally healthier place to learn, socialise and grow.

Mental Health Ambassadors have a number of ways they could help the schools Mental Health Strategy develop:

- Building on forums that capture every Students voice
- Mental Health promotion
- Mental Health support team service development
- Interview panel members for Mental Health Support Team interviews
- Co Develop and co deliver Mental Health awareness workshops for parents, carers and staff
- Co Develop and co deliver Mentally Healthier living workshops for parents, carers and staff

The MHA training is a series of training sessions that explores how our thoughts, our environment and life experiences can improve our outlook on life and our peace with the world.

We really would love you to join us! We **need** you to join us!

If you are interested in hearing more please look out for our events coming to you soon!

**We wish you well finding your balance, either with us or your friends, your family or other services.**

**We are all right here for you**