

**The Mental Health Support Teams (in schools)
are a part of the NHS.**



They have joined Gateway Sixth Form College to support the students and staff in raising awareness of Mental Health and to support the college to develop a whole school approach to improve Mental Health for all.

They can provide support through assemblies, workshops, information stands (promoting mental health) and working 1:1 with individual students.

The Education Mental Health Practitioners attend the college regularly to work with the staff and students. They are Alex Orton and Demi Boyce.

They use low intensity Cognitive Behavioural Therapy (CBT) based interventions, with practical ways to improve emotional and mental wellbeing.

They are excited to continue their journey with us on the road to better mental health for all.



**FOR TEENS AND
THEIR PARENTS**

Find out more by visiting

www.healthforkids.co.uk/mhstleics



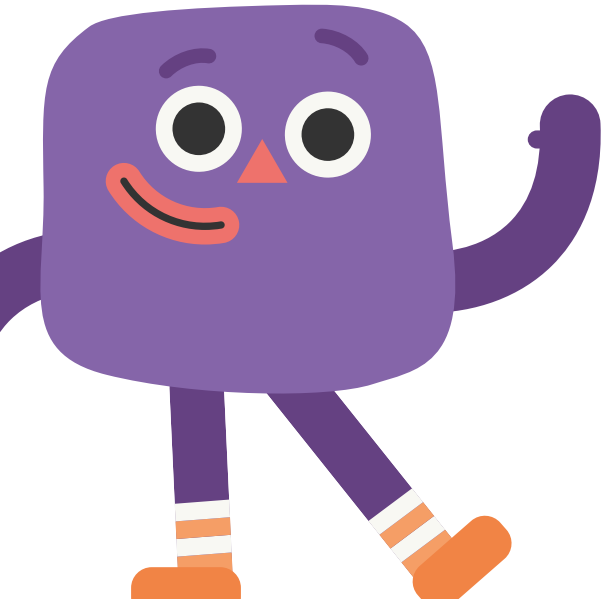
INFORMATION FOR YOUNG PEOPLE

Mental Health Support Teams in schools (MHSTs) is a new service helping to support young people in achieving good mental health and emotional wellbeing.

We all have mental health. Like our physical health, our mental health is not fixed in a permanent state. Sometimes we feel great, sometimes we just feel OK and sometimes we can have poor mental health. The good news is that when our mental health isn't as good as we'd like it to be, there are lots of things we can do to help ourselves get better.

Remember that anyone can be affected by problems with their mental health at times.

If you don't know where to start to improve your mental health or you need some help and support, the MHST at your school is here for you.



OTHER SOURCES OF HELP



www.leicspart.nhs.uk/mental-health

www.kooth.com

www.youngminds.org.uk/

Call the Mental Health Central Access Point Freephone, 24 hours a day, seven days a week on

0808 800 3302

You can also speak to your doctor or GP.

Urgent Help

In an emergency call **999** or **go to A&E** if your life is at risk or you do not feel safe.

Find out more by visiting

www.healthforkids.co.uk/mhstleics



Leicestershire Partnership
NHS Trust



MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS

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HEALTH FOR TEENS

NHS
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HEALTH FOR TEENS

HOW CAN WE HELP?

The MHSTs are made up of trained professionals called Educational Mental Health Practitioners (or EMHPs for short).

Your school will have at least one of them and their job is to work with young people, like you, to help them feel better if they are struggling with mild to moderate mental health or emotional wellbeing problems. These can include worry, mild anxiety and low mood.

They use various practical techniques that are proven to work to help you. These include problem solving, advice on how to feel better (such as getting a better night's sleep), mindfulness and Cognitive Behaviour Therapy (CBT), which is proven to be very successful. They will work with you to put together a plan that will help that is bespoke to you.

If you're happy for us to and give consent, practitioners will also make sure your family or carers are aware of what you are finding difficult and your plan to feel better, so they can support you at home too.

We may also do some group work with you and other young people who are feeling a similar way.

Sometimes, if you need more intensive support, we might put you or your parent in touch with other professionals who can support you.

What else do we help with?

- Raising awareness of mental health in your school, including training teachers.
- Carrying out school assemblies on mental health.
- Encouraging schools to make improvements to support everyone's mental health and wellbeing.

MENTAL HEALTH SUPPORT TEAM IN SCHOOLS JOURNEY TO SUPPORT

1. RECOGNISING YOU'RE NOT FEELING QUITE RIGHT

You might notice you are feeling anxious, worried, stressed, have a low in mood, having difficulties with your emotions or struggling to focus or concentrate because of your thoughts.

2. YOU CAN REFER YOURSELF TO THE MHST SERVICE

You can refer yourself to the MHST service for support or you can be referred by a teacher. Simply speak to a teacher or your school practitioner if you feel like we can help. They will put together a referral form. We will not do anything without your consent.

3. GETTING THE RIGHT PROFESSIONAL FOR YOU

You may have to wait a short while for professionals to assess whether they are the best people to help you. You will usually be told of the outcome within a few weeks.

4. GETTING SUPPORT AND LEARNING SKILLS

Once the referral has been agreed, you will work with a practitioner, either one-to-one or in a group to gain support and learn skills, such as:

- worry management
- panic management
- coping strategies
- building resilience and self-esteem

Your sessions will be for about 45 minutes, and we would usually meet you for between two and eight sessions.

5. GETTING BACK ON TRACK

You can get back to feeling better, with a number of tips and strategies to help you in the future if you ever feel low, anxious or down again. Your teachers will check-in with you to make sure that you are doing well.

