Our school works closely with the NHS-commissioned **Mental Health Support Team in Schools (MHST)**.

Who are they?

South Staffordshire Mental Health Support Team in Schools (MHST) is an NHS service made up of Education Mental Health Practitioners and Children's Wellbeing Practitioners that work within schools across Staffordshire. Their service provides early intervention to support young peoples' mental and emotional wellbeing.

What can they do?

- one-to-one and group evidence-based treatment sessions for young people experiencing mild to moderate mental health difficulties such as anxiety, panic, and low mood.
- whole-school approach sessions including assemblies, workshops, and drop-ins.
- training for school staff to help them support the mental health and wellbeing of the young people in their school.
- parent workshops to offer support.
- signposting to other services that may help young people and their families.

What does their 1:1 support look like?

Young people will normally work with a practitioner for 6-8 sessions which are specifically tailored to meet their needs and goals. Their interventions aim to empower young people to be able to navigate life's challenges by equipping them with a toolbox of skills and strategies to support their mental health and wellbeing. Treatment takes the form of evidence-based low-intensity Cognitive Behavioural Therapy (CBT).

Sessions normally take place at school, but the MHST also offer sessions online or at one of their clinics during school holidays.

How do I get help?

Miss Smith (Senior Mental Health Lead) – h.smith@waltonpriory.staffs.sch.uk or 01785 550040

Mrs Knight (ELSA) – 01785 550040

Alternatively, you can contact the MHST yourself, using the details below:

Stafford MHST: 01283 352113

Mental Health Support Teams in Schools :: Midlands Partnership University NHS Foundation Trust

@SOUTHSTAFFSMHST
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For urgent mental health support and advice 24/7: 0808 196 3002