

Mental Health Support Teams (MHST) in schools are part of a joint national initiative between the Department of Education and NHS England to improve access to psychological therapies (IAPT) for children and young people presenting with emerging low mood and mild to moderate anxiety within an educational environment.

The 3 core functions of the teams are:

- Delivering evidence-based interventions for mild to moderate mental health issues through individual face-to-face work and group work for students or parents.
- Supporting the school's Designated Mental Health Lead to introduce, or develop, their Whole School Approach to emotional wellbeing.
- Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support.

Education Mental Health Practitioners (EMHP's) work as part of the MHST in Schools delivering 1:1 work with young people and/or their families. EMHP's also deliver workshops in schools to whole classes and run groups for young people and groups for parents/carers. EMHP's are the people your children are most likely to see in school.

Please speak to your child's Tutor or Head of Year or a member of the School Leadership Team if you feel you would benefit from support from the MHST.

For further information on the MHST in Schools, please visit:

<https://camhsdorset.org/about-camhs/mental-health-support-teams-mhsts>



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