

# MHST: Mental Health Support Teams

## Information for Parents/Carers and Children/Young people

### How can they support us?

- By helping schools, parents and young people to understand emotional health and raise awareness on common mental health concerns.
- By providing advice and developing strategies, including the importance of self-care, for positive emotional wellbeing
- By supporting parents/carers to access relevant services
- By identifying and delivering training to embed a whole school approach to emotional health

### Who are the MHST?

The MHST are an early intervention support team working with your school supporting the emotional and mental health of children and young people.

### How will this work?

- Training in schools
- Discussion meetings
- Parent drop ins
- Group work
- Information sessions and workshops
- Individual sessions for children, young people and parents

### Where can I get more information?

If you would like any further information, you can speak with your school's Emotional Wellbeing Lead.

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