

# Mental Health Support Team (MHST)

## Darlington

### Who are the Mental Health Support Team (MHST)?

#### What we do:

- Early intervention for young people in schools.
- Work with school staff to build a Whole School Approach to mental health.
- Act as a link between schools and local mental health services.

#### We are currently working in:

Skerne Park Academy  
Hummersknott Academy  
Longfield Academy  
Holy Family RC Primary School  
Springfield Academy  
Haughton Academy  
Carmel College

#### Who we work with:

- Young people struggling with mild to moderate mental health/emotional difficulties.
- School staff
- Other professionals

#### We have the following roles in our team who offer support:

- Trainee Education Mental Health Practitioner (EMHP)
- Senior Psychological Wellbeing Practitioner (PWP)
- Psychological Therapist



### The Role of the MHST

#### Advice, Support & Consultation

We offer advice, support and consultations with school staff and act as a link between schools and existing children and young people's mental health services.

#### Building Capacity

We support Mental Health Leads in each school in developing a Whole School Approach to children and young people's mental health.

#### Evidence Based Interventions

We deliver individual and group based interventions to help support young people with mild to moderate symptoms of mental health difficulties. This means symptoms are early onset and have recently started to have an impact on the young person's life. Our aim is to offer support as early as possible to prevent things from getting worse for the young person. We offer a safe space for young people to help them make changes in order to feel better.

### A Whole School Approach

We will help school Mental Health Leads to develop strategies, policies and wider support across the whole school to promote the mental health and wellbeing of children, young people and staff.

We help:

- Build on what's in place
- Offer staff training
- Provide curriculum input



## Transition Years

The transition between primary and secondary schools is a key time where mental health support is particularly beneficial. The MHST are therefore currently offering targeted support for year groups 4 to 8.



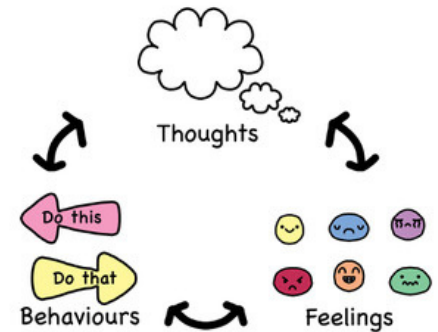
## Evidence Based Interventions

The interventions we offer are based on evidence, which means there's lots of research that says this stuff works!

We use Low Intensity Cognitive Behaviour Therapy (CBT). This is based on the idea that our thoughts, feelings and behaviours are all linked together. When we struggle with our mental health, it's like we get stuck in a vicious cycle of negative thoughts, feelings and behaviours. CBT aims to break this vicious cycle and make it into a more positive one.

We can offer support for young people struggling with symptoms of:

- Low mood
- Social anxiety
- Separation anxiety
- Worry
- Specific fears/phobias
- Panic
- Obsessive Compulsive Disorder (OCD)



## Contact Us

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If you have a MHST in your school, speak to a member of staff about making a request support from us.

making a

difference

together



Tees, Esk and Wear Valleys

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