

# WHO ARE THE MENTAL HEALTH SUPPORT TEAM?

At the Mental Health Support Team (MHST), we work with schools and families to support young people's mental health and wellbeing.

Family life, friends, school, and many other things can leave us feeling stressed, sad, lonely, or worried. If you feel this way, you are not alone, and we can offer advice and support to help things get back on track.

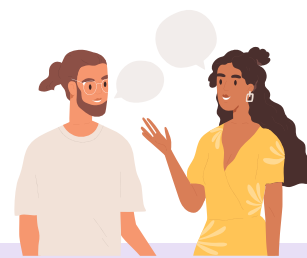


We can help young people who are feeling low - you may have little motivation to do things, or are struggling with negative thoughts. Maybe you are feeling overwhelmed with worry, and might be avoiding situations that feel scary!

For young people in primary schools, we work with parents and carers to support children in overcoming their worries.

When we are feeling anxious and/or low in mood, we can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours.

We work using a cognitive behavioural therapy (CBT) approach. CBT teaches skills to break the cycle and helps to change our thoughts and behaviours so that we start to feel better.



We want to make sure everyone gets the right help, even if it isn't with our team. We have lots of helpful resources that we can share, and we can help you to access any other services that we think could be helpful.

If you are worried about your wellbeing or mental health, speak to a member of staff at school, who can get in touch with us.

If you need to talk to somebody right now, these organisations can help:



NHS  
111

ChildLine  
0800 1111

Shout  
85258

Samaritans  
116 123



In emergencies, call 999