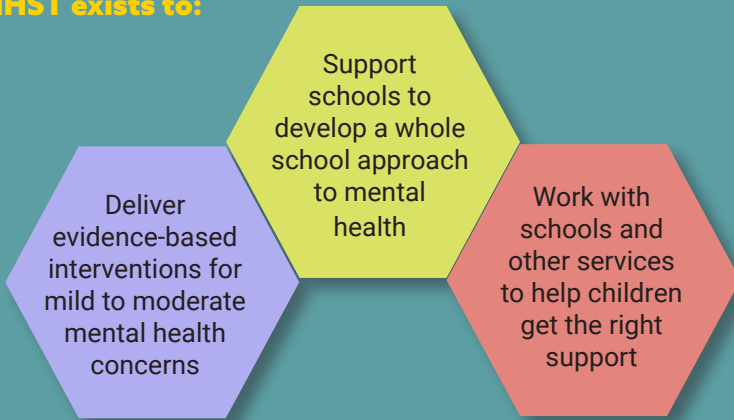




The Mental Health Support Team (MHST)

The MHST is an early intervention and prevention service focusing on mild to moderate mental health difficulties such as anxiety, low mood and common behavioural difficulties. The Kingston and Richmond MHST is a schools-based team of psychological professionals including clinical leads, creative therapists, mental health practitioners and education wellbeing practitioners. We cover all schools in Kingston and Richmond.

The MHST exists to:



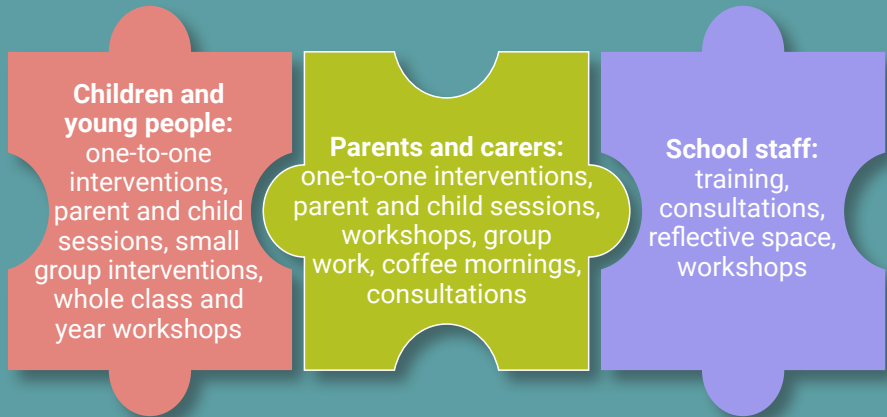
Who do we support?

- The MHST supports children, young people from the age of 5 to 18 years, based in primary and secondary schools, with 'mild' to 'moderate' mental and emotional health difficulties. Mild refers to a small number of symptoms that have a limited effect on the child's daily life. Moderate is when the child's symptoms can make their daily life much more difficult than usual.
- School staff are also offered reflective spaces, consultations and workshops for continued professional development and managing their work life balance. We follow a whole school approach, which means that when a child is referred for support, the MHST works with the school and parents, primary caregivers to create holistic change.

Parents and carers are included in the assessment stage and many of the interventions to best support their child and young person as well as their own wellbeing.

What do we offer?

We offer different therapeutic approaches according to the outcome of the assessment process.



Our one-to-one interventions are either based on cognitive behavioural therapy (CBT) principles, creative therapies (art, music, dance and movement), psychotherapy or integrative therapy. These usually run over the space of four to eight weeks. We offer face-to-face sessions in schools, but can also meet online.

Workshop topics covered include: anxiety, relationships, emotional regulation, low mood, resilience, transition to school, exam stress and wellbeing.

How to get help (who do I need to talk to?)

Parents

- Speak with school teacher, mental health lead, special educational needs co-ordinator or the pastoral team
- Self-refer to the Single Point Access (SPA) 020 8547 5008 or online via the SPA form
- Speak to your GP

Professionals

- Professional referrals <https://www.swlstg.nhs.uk/our-services/find-a-service/service/kingston-camhs-spa>

What happens once a referral is made?

The MHST will receive the referral forms, seek any clarifications needed from school or other organisations and then approach the parents and carers for consent to carry out an assessment.



After the assessment the MHST clinicians discuss each case and decide what intervention would be most appropriate depending on availability, resources and time.



If an intervention is offered, it will be communicated directly with further details about what it is and why it is being suggested. If the referral is rejected or further information is needed, then this will also be communicated and may lead to signposting for support outside the MHST.

