This leaflet was co-produced with young people from HYPE.

How can you access us?

Speak to a trusted member of staff in school who will work with the school **Mental Health Lead (MHL)** to make a referral to us.

OR

If you would prefer not to speak to a member of staff directly and think we are the right service for you, then scan the QR code or go to our website and complete a **self referral** form.

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We will then meet with your MHL or review your online referral. Even if we are not the right service for you, we will still help your school to think about what options may be helpful.

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If LI-CBT is suitable for you, then you will start meeting with your EMHP.

Contact Us

awp.mhstenquiries@nhs.net

0117 403 8735

The MHST is a partnership between OTR and CAMHS. We are working with selected schools across BNSSG. To find out where we work, check out our webpage: https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2

This leaflet is also available in other languages, please contact us for more information.

NHS Avon and Wiltshire Mental Health Partnership NHS Trust

Mental Health Support Team (MHST)

Education Mental Health Practitioners (EMHPs) work as part of the MHST in schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community, including school staff and parents/carers.

Just like physical health, we all have mental health, and need to learn tools to help ourselves through life's ups and downs.

Our logo is an otter because, like otters, we work as part of a team and we use tools! We want to share these tools with you so that you can look after your own wellbeing and build your resilience.



What's going on for you?



When we are struggling with difficult thoughts and feelings it can be helpful to talk to someone about where those feelings come from, and how to help ourselves feel better. That is where learning different tools to cope is useful.

What to Expect

Each school has an EMHP, who can help you learn these tools. In your first session, they will talk you through what to expect. Then you will have an assessment to find out more about what is going on for you. Then we decide together what support is best for you.

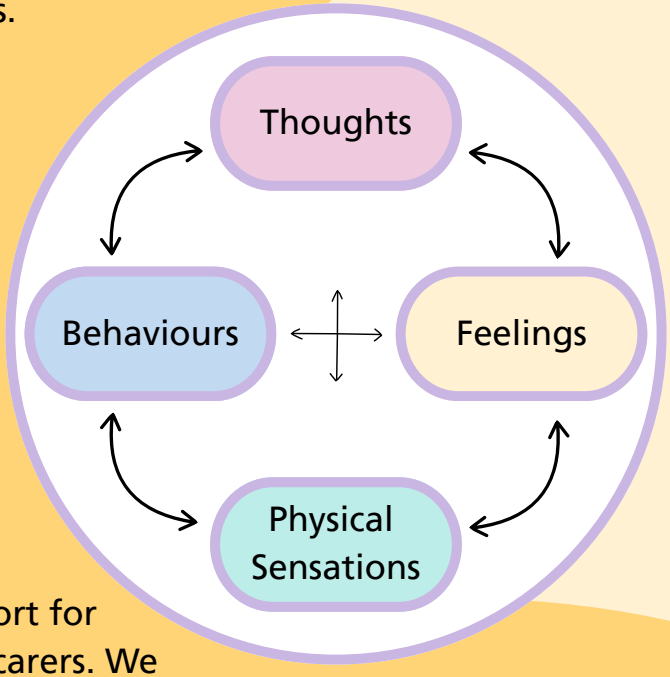
Some of our favourite tools are self-care, challenging negative thoughts, problem-solving, and managing worries. Learning these tools can improve our wellbeing and enjoyment of life.



What is LI-CBT?

The MHST offers **early** stage Low-Intensity Cognitive Behavioural Therapy **(LI-CBT)**, usually lasting for 6 to 8 weeks.

LI-CBT is a type of **talking therapy** for mental health difficulties. We explore how your thoughts, feelings, physical sensations and behaviours are all linked together.



We offer in-person 1-to-1 and group support for both CYP and parents/carers. We also have a growing online offer.

We support the **wider school community**, including school staff, classes and parents/carers. Look out for parent coffee mornings, workshops, resources and other ways to meet us.

