



Mental Health Support Team (MHST)

The MHST deliver **short term, evidence-based interventions** for children and young people experiencing **mild to moderate mental health difficulties**, such as anxiety, low mood and behaviour difficulties. We are based in schools across Kingston and Richmond.

What is mental health?

We all have mental health and it's just as **important as our physical health**. Also known as emotional health or wellbeing, it is important to look after it in order to make the most of your potential and cope with life.

Mental health **affects us all** and we all have periods of time when we feel **stressed, frightened or down**. Sometimes these feelings pass but in some cases they develop into a more serious problem.

Mental health changes according to varying circumstances and as you move through different stages of life.

Mild to moderate mental health difficulties

According to the National Institute for Health and Care Excellence (NICE) guidelines, mild mental health problems are when a person has a **small number of symptoms** that have a limited effect on their daily life.

A moderate mental health problem is when a person has more symptoms that can make their **daily life much more difficult** than usual. A person may experience different symptoms at different times.

Behaviour to look out for

- Becoming **irritable, tearful** or **clingy**
- **Physical symptoms** such as stomach aches and headaches
- **Lacking confidence** to try new things or seeming unable to face simple, everyday challenges
- Finding it hard to **concentrate**
- Having problems with and changes to **sleeping** or **eating patterns**
- Having **angry outbursts** or **being argumentative**
- Having a lot of **negative thoughts**, or keeping worrying that bad things are going to happen
- **Avoid everyday activities**, such as seeing friends, going out in public or going to school



How can the MHST help?

The MHST is made up of a variety of professionals including Clinical Leads, Mental Health Clinicians, Child and Adolescent Mental health practitioners and Education Wellbeing Practitioners. The practitioners have a diverse set of skills to help support you and your child.

We offer a variety of support through individual interventions and group work with children and young people, as well as offering interventions with parents to empower them to support their children. We also offer workshops and training events with parents and staff. Look out for more information about these coming up!

Families may also be signposted to other organisations in the local area. This includes online mental health services and resources, as well as charities and voluntary organisations that offer specialised support in areas such as bereavement and ADHD.

How does it work?

Our teams are based within schools to make accessing support easier for children and young people. We offer work **face-to-face** or it can take place online via a video conferencing platform.

An assessment is usually undertaken following a referral to our team from school. This helps us to gain a greater understanding about the difficulties your child is facing and to think together about how we might be able to support.

How do I refer my child?

If you have concerns about your child then please speak to the **Mental Health Lead (MHL)** at school, or to your child's teacher, who will pass this on to the MHL.

YoungMinds Parents helpline:

Call the YoungMinds Parents helpline for detailed **advice, emotional support** and **signposting** about a child or young person up to the age of 25.

Free on **0808 802 5544** from 9.30am to 4pm (Monday to Friday)