



@BDCFT_MHST



BRADFORD AND CRAVEN
trailblazer **NHS**

MENTAL HEALTH SUPPORT TEAM

The Mental Health Support Teams are specialist NHS Mental Health Professionals, and have been introduced within schools to provide an additional source of support for young people, their families and school staff.

Educational Mental Health Practitioners (EMHPs), and Senior and Lead Practitioners, support young people's mild-moderate mental health issues, through evidence based interventions. As a team, we are keen to support a Whole School Approach to mental health, through the delivery of themed group work, information workshops or assemblies.

Who we work with

The MHST can help with mild to moderate;

Low Mood
Worries
Anxieties including;
General Anxiety
Social Anxiety
Separation Anxiety
Phobias
Panic and Managing Panic
Self Harm

The Process

1. Notice - have you noticed any concerns, or has a parent raised any?
2. Parental Consent - gain parental consent to refer or consult with the MHST
3. Consultations and Referrals - consult with the MHST* or send a direct referral
4. If appropriate, the MHST will conduct an information gathering assessment, if not, the MHST will support you to find the most appropriate service
5. If appropriate, the MHST will complete the relevant intervention

*We understand sometimes your worries about a student may be unclear, and you may want to discuss any concerns about their presentations before taking further action. The MHST is available for anonymous consultation to help you think this through.

For any questions, queries or concerns, please speak to the EMHPs in your school, email **mhst@bdct.nhs.uk** or call **07525 872287**

(please allow 5 working days for a response from our Admin team, in an urgent circumstance, please contact First Response)

