

What is a Mental Health Support Team (MHST)?

Mental Health Support Teams (MHSTs) work in partnership with schools and other services to offer a wide range of mental health and wellbeing support for children and young people, as well as the adults who support them.

Who are the Mental Health Support Team?

The Mental Health Support Team in Schools has been introduced as part of a national project to support children, young people and their families within education settings.

Working in primary schools in Cornwall we provide short term, low-intensity mental health interventions and support. We may work directly with the parent/carer or the young person, depending on the support needed.

We are a team of qualified and trainee Educational Mental Health Practitioners (EMHPs) and Supervisors, supported by Team and Service Managers. Together, we have a wealth of experience in supporting children and young people with their mental health.

Contact us

Mental Health Support Team

Shaw House, Porthpean Road,
St Austell, PL26 6AD

Call: 01726 873204

Visit our website:
www.cornwallft.nhs.uk/mental-health-support-teams

More help...

Childline | Call **0800 111** (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

Mental Health Response Line

Call **0800 038 5300** (free)

Open 24 hours a day, 7 days a week.

CRISIS Text Service | Text **SHOUT to 85258**

Open 24 hours a day, 7 days a week.

NHS Helpline | Call **111**

Open 24 hours a day, 7 days a week.
In an emergency, call 999 or go to hospital.

Kooth | Visit kooth.com

For young people aged 10-18 years.
Online chat open until 10pm every night.

Headstart Kernow

Visit www.headstartkernow.org.uk

Information for parents and carers.

Your Way | Visit your-way.org.uk

Services for young people aged 10 and over.

Children's Mental Health Support Team Cornwall (MHST)



Information for parents and carers of primary school-age children

What support can the MHST offer?

Our aim is to build resilience and empower children and young people (and the adults in their lives) to get the help they need, when they need it.

The kind of support we can offer includes:

- Help for individuals (normally between 6 and 8 sessions)
- Supporting staff to offer emotional wellbeing sessions within a class or to a smaller group of young people
- Working closely with an adult who children spend time with, including school staff, a family member or carer.
- As a team we are trained to use guided self help resources with children, parents or carers, and to support staff at school to understand more about mental health. We also help schools to develop a whole-school approach to emotional health wellbeing.

Why is early mental health support important?



Did you know?

- Over 50% of all mental health difficulties will start before the age of 14.
- In Cornwall there are many services offering mental health support to families and young people. We aim to get and offer early help.
- We are not a diagnostic service. We would not

be the right services for parents concerned about conditions such as ADHD and ASD.

- Specialist services can be accessed through talking to your own GP or through a referral to the Early Help Hub.
- There are also a range of online self help support services available to support young people and families.
- Our services aim to make a difference by offering support early when possible mental health difficulties may be emerging for children.

Mental Health Practitioners can help children displaying mild to moderate signs of:

- Anxiety
- Stress
- Low Mood
- Mild behavioural Difficulties
- Worry Management
- Panic Management
- Resilience
- We can also help support parents, carers and schools

You're not alone

If you have any further questions or concerns, or you'd like more information...

To begin with, please speak to your Mental Health Lead at school. They can decide if the Mental Health Support Team may be able to offer the help your young person needs, or identify another service that can offer more appropriate support.

