

Inspected and rated

Outstanding 



MENTAL HEALTH SUPPORT TEAM (MHST) IN SCHOOLS


Dorset HealthCare
University
NHS Foundation Trust

We would like to introduce ourselves to you. We are the new Mental Health Support Teams (MHST) in Schools.

MHSTs are being piloted across the country by the government over a two year period to help improve the emotional wellbeing of children and young people. This recognises that over recent years many children and young people have been experiencing an increase in the things that worry them and that these worries can have an impact on their mood and how they think or feel about themselves and the world around them.

To try to help with this, MHSTs will be providing one to one and group sessions, to support children, young people and parents develop more effective ways to manage feelings.

The teams started in February and will be working across a number of schools in three areas in Dorset. They are made up of four Education Mental Health Practitioners (EMHPs), a supervisor practitioner, team manager and clinical lead.

We will be working with your school over the coming weeks to develop a process of identifying anyone who may benefit from support from our teams and recognise that the COVID-19 situation may be causing families additional worries and concerns.

With that in mind, we want to find a way to reach out to families and ask you what you feel would be of most helpful to you right now. Below is a link to a short survey which will help us understand how we could provide you with the type of support you would value.

If you are a young person, please complete this survey:

<https://www.surveymonkey.co.uk/r/G233VNF>

Or, if you are a parent or care-giver, please complete this survey:

<https://www.surveymonkey.co.uk/r/GDP58FQ>

IT WOULD BE GREAT TO HEAR FROM YOU!



Further information about how to access MHST support will be coming out soon.

In the meantime please contact your school for details.

