

MENTAL HEALTH SUPPORT TEAMS

Supporting children, parents, carers and education settings

What are the Mental Health Support Teams in Education Settings?

As part of the national trailblazer to improve access to children's mental health services, we are supporting educational settings to develop their whole school/college approach to mental health and well-being, delivering evidence-based psychological therapies and supporting the development of pathways to external services including our specialist CAMHS Services.

The Mental Health Support Team (MHST) will be working in partnership with Tees, Esk & Wear Valley (TEWV) NHS CAMHS, Changing Futures NE and Local Authority / Early Help services.

The service will be available to children and young people who attend selected education settings covering ages 5-18 in Hartlepool and Stockton.

Roles within the Mental Health Support Team include:

- Education Mental Health Practitioners
- Child Psychological Well-being Practitioners
- Therapeutic Parenting Intervention Practitioners
- Wellbeing Counsellors

What can we help with?

Delivering interventions to support children/young people with mild to moderate mental health problems and activities such as:

- Anxiety and worry
- Low mood/depression
- Challenging behaviour
- Sleep hygiene
- Exam stress
- School transitions

Provide and support education settings with:

- Assemblies/ Events around Mental Health and wellbeing
- Psy-educational training
- Parent/Carer Events
- Mental Health & Wellbeing events
- CPD Training on psy-educational programmes
- Mental Health Webpages
- Mental Health policies
- Staff Wellbeing

INTERVENTIONS

COGNITIVE BEHAVIOURAL THERAPY (CBT)

BEHAVIOURAL ACTIVATION

PARENT-LED CBT FOR ANXIETY OR BEHAVIOUR

THERAPEUTIC PARENTING INCLUDING INCREDIBLE YEARS PROGRAMME

SMALL GROUP WORK AND WHOLE CLASS MENTAL HEALTH WORKSHOPS

CPD TRAINING FOR SCHOOL STAFF



CONTACT US AT:

Alliance Psychological Services Limited
24 Yarm Road,
Stockton-on-Tees, TS18 3NA
Telephone: 0800 038 5756
cypfamilies@alliancepsychology.com
www.alliancepsychology.com



How you can support children, young people and their families



- Emotional health & well-being difficulties such as anxiety, low mood, worry and stress are on the increase and experienced by many of our children and young people. It is important to encourage them to engage with mental health support, by talking and listening to any questions or worries they may have.
- Ask them how they are feeling and have open conversations around mental health. This can help to normalise discussing our feelings and help them to understand that we all have mental health.
- Support and encourage them to complete home tasks that are given to compliment our interventions. You could set time aside to talk and complete the home task together each week.
- Communicate with your Mental Health Support Team and Senior Mental Health Lead in your setting if you have any concerns or would like extra support.
- Your Senior Mental Health Lead is:

"I was made to feel important and always felt listened to"

Experience of a MHST service user

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