



## Mental Health Support Team

Email: [mhst@bdct.nhs.uk](mailto:mhst@bdct.nhs.uk)

MHST Tel: 07525 872287

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### Information for parents and carers

The Mental Health Support Team (MHST) is a new service to support children, young people and their families in achieving good mental wellbeing and prevent mental health problems from escalating.

We work with children and young people who are experiencing:

- Mild to moderate low mood
- Mild to moderate anxiety
- Mild to moderate worries and fears

We work with children, young people, their parents/carers and their school to help improve resilience, problem-solve difficulties and develop coping strategies to support mental health.

We offer short term (6 – 8 sessions) of evidence-based interventions that are catered to the difficulties your child or young person may be experiencing. We might also put your child in touch with other professionals who can offer other support.

Halima Begum is the Education Mental Health practitioner at One in a Million who works on Thursdays and Fridays. Halima works with children about what they are feeling and looks at how she can help them cope with what they are finding difficult. Halima helps you to look for the links between what you think and do, which can affect the way you feel.

### How can I get help?

Talk to your child's teacher or SENCo about making a MHST referral. If you have been referred to us we will contact you to discuss the difficulties your child is experiencing and look at what you would like to change. We offer: one-to-one or group support at your child's school; support over the telephone or online via Microsoft Teams.

If you would like more information about the Mental Health Support Team, please contact the team on Mobile: 07525885098 or email [mhst@bdct.nhs.uk](mailto:mhst@bdct.nhs.uk). You can also book an appointment to see Halima in school on Thursday and Friday, please call Mobile: 07738727599

The MHST operates 9am to 5pm Monday to Friday. If you need to speak to someone urgently about your mental health you could contact:

- Your GP
- First response on 0800 9521181
- A & E