

Mental Health Support Teams (MHSTs)

An Introduction

Our Service

- The MHSTs are new early-intervention services that support young people, their families and school/college communities with mild to moderate mental health difficulties.
- Each MHST will be allocated to specific secondary schools/colleges and their feeder primary schools.
- We work directly in schools, on site, and in the wider school/college community, both in and out of term time.

Mental Health Support Teams (MHSTs)

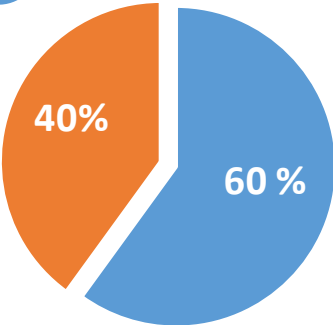
Creating a new mental health workforce of community based mental health support teams

Expanding the workforce



To empower mentally healthy communities in schools and colleges

Currently six teams across Suffolk
A new team starting in January 2024



Referrals are predominantly via school/college, but we accept referrals from other professionals and self-referrals. We ALWAYS encourage a conversation about referrals.

Consultation and Liaison

- MENU
- Mental Health Training for staff
 - Psychoeducation for class/year groups
 - Supervision of specific staff members/groups
 - Reflective practice for staff
 - Support/consultation for writing Mental Health Charters and school policies
 - Support with RSHE/PSHE curriculum

Schools and colleges we support

East Wave 1	East Wave 2	West Wave 1	West Wave 2	Central Wave 3	Central Wave 4
Alde Valley Academy	Chantry Academy	Thurston Community College	Samuel Ward Academy	Stowmarket High School	Stoke High School
Saxmundham Primary School	St Mark's Catholic Primary School	Barnham CofE Primary School	Place Farm Primary Academy	Wood Ley Community Primary	
Leiston Primary School	Ranelagh Primary School	Honington CEVC Primary School	Burton End Primary Academy	Trinity CEVAP	
Benhall St Mary's Primary School	Gusford Community Primary School	Bardwell CofE Primary School	Coupals Primary Academy	Combs Ford Primary	
Aldeburgh Primary School	Oaks Primary School	Barningham CEVC Primary School	Wickhambrook Primary Academy		East Bergholt High School
Kelsale Primary School	Sprites Primary School	Cockfield Primary School			
Coldfair Green Primary School		Elmswell Primary School	Castle Manor Academy	Stowupland High School	
Middleton Primary School	Ormiston Endeavour Academy	Great Barton CofE Primary School	Westfield Primary Academy	Cedars Park Primary	
Yoxford and Peasenhall Primary School	Castle Hill Infant School	Hopton CEVC Primary School	Kedington Primary Academy	Mendlesham Community Primary	
Snape Primary School	Castle Hill Junior School	Ixworth CofE Primary School	Clements Community Primary	Bacton Primary	
	The Beeches Community Primary School	Norton CEVC Primary School	St Felix Catholic School		
Farlingaye High School	Dale Hall Community Primary School	Rattlesden CofE Primary School	New Cangle Community Primary School		
Rendlesham Primary School		Stanton Community Primary School			
Woodbridge Primary School	Westbourne Academy	Thurston CofE Primary Academy			
Bawdsey CEVC Primary School	Whitehouse Community Primary School	Walsham Le Willows Primary School	West Suffolk College		
Eye CofE Primary School	Springfields Juniors	Woolpit Community Primary School			
Grundisburgh Primary School	Handford Hall Primary School				
Hollesley Primary School	Springfields Infants	Mildenhall College Academy			
Kyson Primary School		Great Heath Academy			
Melton Primary School		Saint Mary's CofE Academy Mildenhall			
Orford CEVA Primary School		Beck Row Primary School			
Otley Primary School		Elveden CofE Primary Academy			
Sandlings Primary School		Forest Academy			
Saint Mary's Woodbridge		Glade Primary School			
		Lakenheath Primary School			
		St Christopher's CEVCP School			
		West Row Primary School			

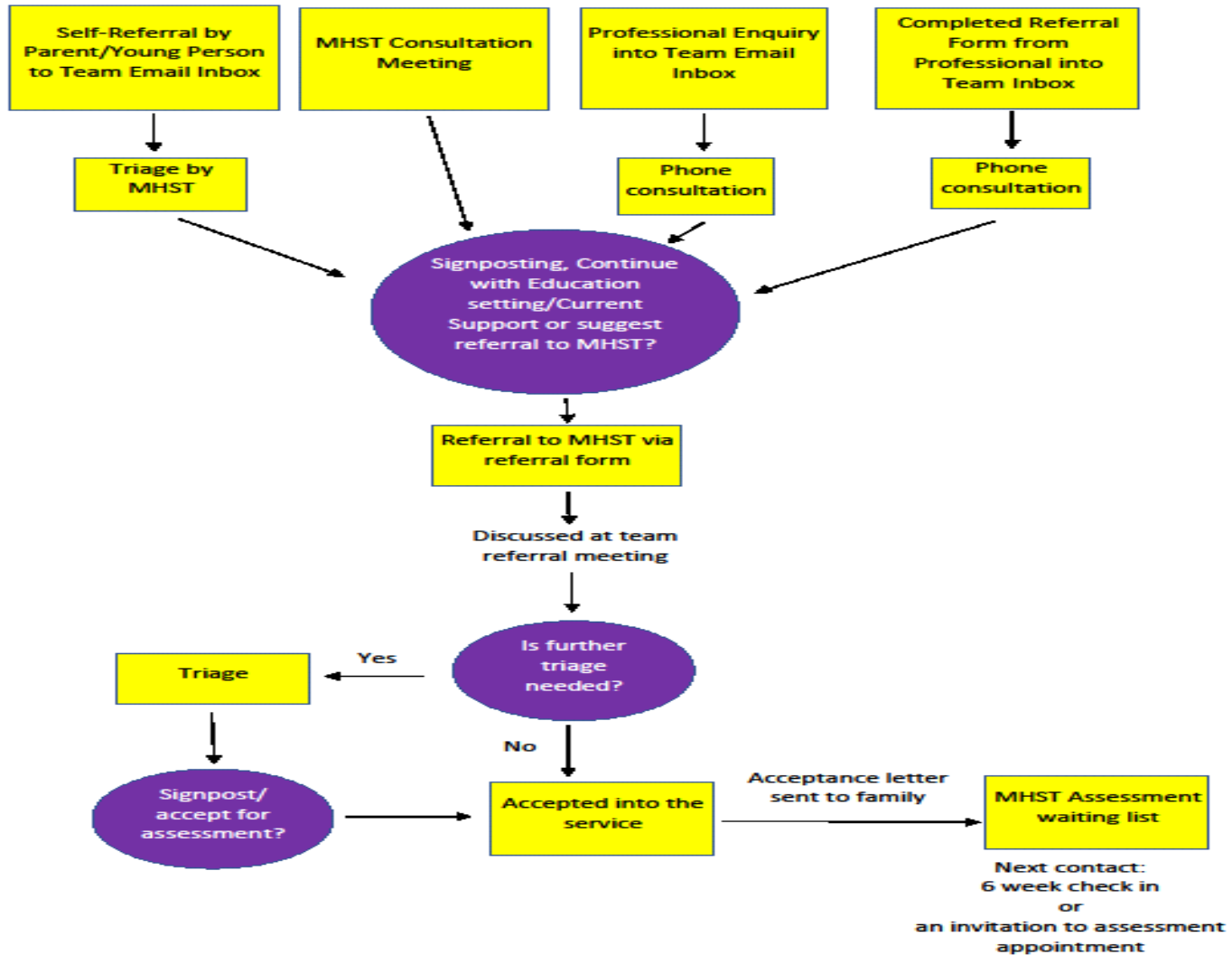
The MHST can support with:

- Anxiety and/or avoidance
- Worry management
- Panic management
- Mild OCD (Obsessive Compulsive Disorder)
- Low mood/depression
- Irritability as a symptom of depression
- Managing negative thoughts
- Thoughts of self-harm and support for alternative coping strategies
- Low confidence and low self-esteem
- Sleep difficulties
- Emotion regulation difficulties

What do the MHST offer?

- The Guided Self-Help support offer by the MHST are evidence based and use Cognitive Behavioural Therapy (CBT) approaches to support changes in thinking and actions
- The types of support we offer include:
 - Individual Guided Self-Help (6-8 sessions)
 - Group Guided Self Help support (4-8 sessions)
 - One off workshops (e.g. sleep, exam stress, transitions)
 - Staff consultations/training

Referral Process



A space for discussion...

Any questions? Comments? Reflections?

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for better mental health

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