

## Bringing local and national partners together

The work we are doing is delivered through a joint and collaborative programme led by the Department for Health and Social Care, Department for Education and NHS England with support from Health Education England and Public Health

Teams will work alongside existing mental health services, whether those are provided by the NHS or local authority, [name of school/college] partners, or voluntary and community sectors organisations

They are also part of a broader package of initiatives, set out in the [Children and Young People's Mental Health Provision Green Paper](#), to transform children and young people's mental health. The proposals cover prevention, support and interventions for children and young people who show early signs of distress as well as ensuring access to the right help, in the right setting, at the time when they need it

**CONTACT:**  
[emailaddress@addinhere.co.uk](mailto:emailaddress@addinhere.co.uk)

## Mental Health Support Teams



Supporting mental health and emotional wellbeing for young people

## Introducing our Mental Health Support Team (MHST)

We've received funding to provide specialist mental health support in [schools and colleges].

We will be working with your child's school to set up a new MHST who will provide care, support and advice to [pupils/student] experiencing low mood, anxiety, friendship, or challenges with behaviour.

They will also support the [school/college] community to promote wellbeing and act as a link to other mental health services.

MHSTs support the mental health needs of children and young people in primary, secondary and further education and use an evidence-based approach to provide early intervention on some mental health and emotional wellbeing issues, such as mild to moderate anxiety.

### What you can expect to see

- Extra support for mental health and wellbeing, including evidence based support, care and intervention
- Stronger links between education settings and NHS services to ensure children and young people can access appropriate mental health services and support
- Further training and resources for staff in schools and colleges to support a positive mental health ethos in schools
- Consultation with children, young people and families about how this service can work for them
- Clearer information about mental health services and how to seek support



### Providing help in ways that work for young people

Education mental health practitioners (EMHPs) are a key part of the MHST workforce.

EMHP training, which takes approximately 12-18 months, equips them to provide support and advice for children and young people with mild to moderate mental health problems and their parents and carers.

The approaches will vary but includes class work, assemblies, group sessions and 1-1 support. Consent and safeguarding procedures will be followed and parents and carers will be involved as appropriate.

### We need support to shape the best care

MHSTs will help to improve how education and health services work together.

We will be seeking your views and help to do this (*placeholder for MHSTs to provide details on how to engage with parents*).

Your engagement will help shape a service that benefits the wellbeing of children and young people