

## The Education Mental Health Practitioner for your Primary School

is: .....Pel.....



## Designated Mental Health Lead in your School

is: .....Shaun.....

Please speak to the Designated Mental Health Lead in your school if you would like to find out about what support is available for your well-being and mental health.



We are an early intervention service and unable to provide crisis care.

If you need to speak to someone urgently about your mental health please contact your GP or any other professional supporting you, such as a social worker.

Out of hours contact the Crisis Team: 0800 073 0006 or go to A&E

The Samaritans provide free, 24 hour telephone support on 116123

## Mental Health Support Team

City & Hackney Specialist CAMHS  
John Scott Health Centre  
220 Green Lanes, Woodberry Down,  
London N4 2NU

Phone: 02088095577

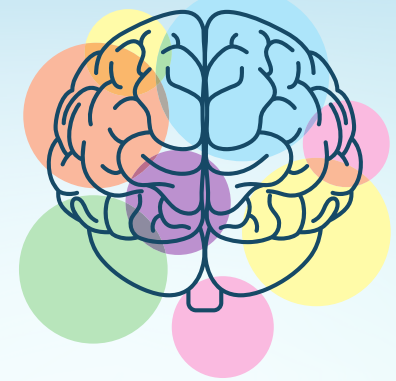
Email: [elft.wamhs@nhs.net](mailto:elft.wamhs@nhs.net)

Website:

<https://cityandhackneycamhs.org.uk/>

Instagram:

[city.hackneymhst](https://www.instagram.com/city.hackneymhst)



## Wellbeing and Mental Health Services in your School



## Introducing the Mental Health Support Team (MHST)

## Who are we?

The Mental Health Support Team is an NHS service which is part of the Wellbeing and Mental Health Service (WAMHS) for your child's school. We work with parents, carers, young people, and school staff to help improve young people's emotional wellbeing. The team is made up of:

- Educational Mental Health Practitioners (EMHPs)
- Child and Adolescent Mental Health (CAMHS) Practitioners and
- Senior clinicians



## How are we linked to your child's Primary school?

We will be based within your child's school one morning or afternoon per week, supporting the school in improving the wellbeing of children through our workshops, group work and individual parent guided self-help.



## Why are we here?

Our role is the result of research which shows the need for and the value of having more support of this kind in schools.

Our main goal is to offer parents and carers support in noticing and dealing with early signs of child mental health difficulties, which may present as anxiety or behaviours that are challenging to manage.

Our aim is to notice and respond to signs of emotional and behavioural difficulties as soon as possible to stop them from becoming a bigger concern.

## Support we offer

- **Guided self-help for parents/carers who have children with mild to moderate anxiety or behaviours that challenge**
- **Group work with parents**
- **Group work for children and/or parents**
- **Education about emotional wellbeing**
- **Specialist approaches (e.g. preparing Y6 for secondary school)**

## What do we aim to do?

- Offer evidence-based interventions, guidance and support to parents and carers who may be worried about their child's behaviour or mood.
- Offer support mainly through parent group work and workshops.
- Help parents to feel more able to help themselves. We want to help parents to know how to confidently manage their child's well-being needs.
- Support parents in understanding the impact of anxiety and low mood on child well-being.

## How can I get support from this service?

If your child is having difficulties you can speak to your child's teacher who would pass on your concerns to the school's Designated Mental Health Lead, this is the person in the school that is responsible for managing referrals to our service.

