

## What are our MHST values?

To support children, young people and the wider school/college community with their mental health.

It's ok to not be ok

### We Value:

- Being accessible, approachable and compassionate
- The importance of mental health for everyone in the school/college community
- Being part of the school/college community and led by their needs
- Offering the right support at the right time
- Connecting and co-producing with school/college communities and other mental health services and organisations

We recognise everyone is unique and every school/college is different and so our provision can be customised for you. We welcome talking to you and exploring together how we can help.

## Contact us

### East Suffolk Team

MHST.East@nsft.nhs.uk

### West Suffolk Team

MHST.West@nsft.nhs.uk

### Central Suffolk Team

MHST.Central@nsft.nhs.uk

For all teams,  
please call:  
**01284 733234**

Twitter  
**@MHSTSuffolk**

### Need help and advice?

Contact the customer service team for confidential advice, information and support, helping you to answer any questions you have about our services or about any mental health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact us.

**Tel:** 01603 421486

**Email:** customer.service@nsft.nhs.uk

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

### Trust Headquarters:

Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE

 **01603 421421**

Working together for better mental health...

 **nsft.nhs.uk**

 **@NSFTtweets**

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**NHS**

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NHS Foundation Trust



# MHST

## Mental Health Support Team

Supporting mentally healthy communities in schools and colleges

Working together for better mental health

## What is the Mental Health Support Team?

The Mental Health Support Team (MHST) is a new early-intervention service that supports children and 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 in Suffolk.

We work directly in schools, on site, and in the wider school/college community, both in and out of term time.



The MHSTs have a range of professionals including clinical lead, clinical team managers, psychological therapists, senior education mental health practitioners and education mental health practitioners (EMHPs).

They are supported by an admin team.

## What does your MHST offer?

### **The MHST can support with:**

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

MHST aims to be fully inclusive and will consider all referrals with a view to ensuring young people get the right intervention to meet their individual needs.

## What does your MHST offer with a whole school/college approach?

- Consultancy with specialist mental health team
- Support for senior leadership teams, mental health leads, pastoral teams and all school/college staff with the mental health and wellbeing curriculum and development
- Facilitation of therapeutic peer support groups for pupils/students/staff and parents
- Signposting and connection for the school/college community with other mental health services and organisations
- Support and promotion of the development of a school/college culture that values mental health

