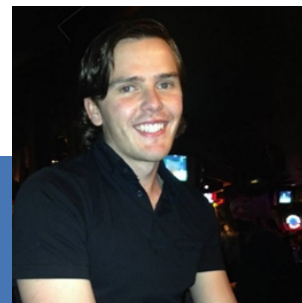


SEFTON MENTAL HEALTH SUPPORT TEAM



WHO ARE WE?

The Mental Health Support Team (MHST) is a new service to support young people in achieving good mental wellbeing. I am an Educational Mental Health Practitioners (EMHP) - Andrew Smith.

WHAT WE DO

- We help with a range of problems faced by children such as anxiety, worry and friendship difficulties. We can work with you to help support you to manage
- these difficulties by following an evidence based intervention, or we can deliver group sessions to help improve mental health understanding.

WHAT WE MAY DO TOGETHER: TALK ABOUT WHO AND WHAT IS IMPORTANT TO YOU; TALK ABOUT WHAT YOU ARE FINDING HARD; DO SOME ACTIVITIES TOGETHER; THINK ABOUT PROBLEM-SOLVING TOGETHER; HELP YOU LOOK AFTER YOUR FEELINGS