

SEFTON MENTAL HEALTH SUPPORT TEAMS (MHST)

Information leaflet for parents and carers

The Mental Health Support Team (MHST) is an early intervention service to support children, young people and their families in achieving good mental wellbeing. This leaflet is to provide parents and carers with more information about the MHST service and interventions



We will support children and young people with emerging, mild or moderate mental health difficulties that they may be struggling with. Depending on the age of the child or young person, we may work either directly with them or with their parents / carers. We also work with school staff and offer support on different levels; with the aim of developing and supporting a whole school approach to mental health.

SUPPORT DELIVERED TO CHILDREN AND YOUNG PEOPLE

WORRY MANAGEMENT

For: anxiety, worry

Helps young people understand why they worry and teaches them strategies to manage worry.

GRADED EXPOSURE

For: phobias, anxiety

Gradually builds up the young person's confidence to face their fears in small steps.

BEHAVIOURAL ACTIVATION

For: low mood

Helps support young people to make small behavioural changes to improve mood.

SUPPORT DELIVERED TO PARENTS AND CARERS

HELPING YOUR CHILD WITH FEARS AND WORRIES

For: anxiety, worry

Helps parents understand what is maintaining anxiety and teaches them strategies to manage it.

PARENTING SUPPORT FOR CHALLENGING BEHAVIOUR

For: challenging behaviour

Teaches parents strategies to reduce their child's challenging behaviour and improve communication

WHAT OTHER SUPPORT WE OFFER

- Coffee morning held at school
- Information Workshops held at school
- Parent led support group held the first Wednesday of every month from 5pm at Thornton Family Wellbeing centre

As we are an early intervention and prevention team, we have a limited criteria of children and families that we can work with. Please speak to school staff if you have any concerns about your child's mental health; it may be that your child does not fit our service however, we can signpost children to other services who may be more appropriate.

HOW TO MAKE A REFERRAL

Please speak to your child's school, who will make the referral to our team after gaining consent from yourself.

The Mental health Lead for your child's school is: