

Mental Health Support Team



An information pack for parents
and carers

Who we are

The Mental Health Support Team (MHST) are a newly commissioned service designed to help meet the mental health needs of children and young people in selected education settings across Lincolnshire.

The MHST consists of qualified Education Mental Health Practitioners (EMHPs) and Clinical Lead Practitioners who deliver Cognitive Behavioural Therapy (CBT) and CBT informed interventions to children and young people.

A key element to the team is about working together with education settings to ensure that mental health is a priority within their school or college community.

There is a variety of support that the MHST can offer including; 1:1 and group interventions for children, young people, parents and carers, consultations, training, workshops and assemblies amongst other bespoke offers.



The purpose of the MHST

- To provide support to the individual education settings alongside parents and carers.
- To provide support alongside other services to ensure the overall wellbeing needs of children/young people are being met.
- To provide training and support to education staff.
- To provide support to young people all year round, not only during term time.

The three core functions of the MHST

- To deliver evidence-based interventions to young people with mild-moderate mental health problems.
- To support the Mental Health Lead in each education setting to introduce and develop a 'mentally healthy' education setting. Please speak to your child's education setting if you are unclear who the Mental Health Lead is.
- To give advice to education setting staff and liaise with external specialist services to ensure that children and young people get the right support at the right time, whilst remaining in education.

MHST understands that children and young people will all, at times, experience difficulties with their emotional health which is to be expected in line with their developmental milestones and with experiences in their lives. We note however, that sometimes additional support is required in order for them to work through these difficulties. Building resilience and developing healthy coping strategies is one of our key aims identified as part of this national project.

How to refer to MHST

Children and young people are referred to our service via a consultation process between the school and an MHST practitioner. This referral will only be completed once the school have gained consent to do so.

Education settings have also been offered 'drop in' sessions for young people and/or parents/carers to attend. Again, these 'drop ins' would be an opportunity for you or your child to seek advice and support around mental health concerns.

What happens after your child is referred?

Once we receive a referral from the education setting, you will receive a call offering you a telephone assessment appointment (triage call). This will be an opportunity for our practitioners to gather information from yourselves directly or from your child. Then we consider if we are the most appropriate team to offer the support we deem is required.

This assessment telephone call will either result in ongoing intervention within MHST (virtual or face to face), the offer of advice and self-help strategies, or a recommendation to another service. We will inform you and the referrer of these decisions via telephone or letter. All patient information is held on secure electronic NHS systems and in accordance with Data Protection regulations.

If a child is offered an assessment call with MHST, the practitioner will ask questions to help understand what they may be struggling with and will collaboratively develop a plan with a child to help improve their mental wellbeing. Ongoing sessions will result in offering practical evidence-based strategies that they can work through and continue to practice following the sessions.

How to contact us

If you feel that your child could benefit from some additional support with their mental health, we would advise you to speak to the Mental Health Lead within your child's education setting. Following a discussion, they may wish to bring this to a consultation with MHST.

Alternatively, you could call our Here4You line for advice and support on: 0800 234 6342

You could also keep a look out for MHST 'drop-in sessions' being offered at your child's school/college.

If your child is already receiving support from our service and you would like to speak to someone about their care, please call the office directly on:

Boston and Skegness: 01205 333531

Lincoln, Gainsborough and surrounding areas: 01522 707474

(Available Monday-Friday, 9am-5pm)

"I feel that my child has got a lot from these sessions"

"My son felt listened to and understood"

"The sessions helped our child understand how to talk about her feelings"

"The support we received was really helpful"

"From the first contact with the service, it has been great. The support we received was just what we needed"

If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact:

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**Lincolnshire Partnership NHS
Foundation Trust**

Communications Team

E: lpft.communications@nhs.net

Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection and Confidentiality: NHS Code of Practice requirements

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