



## Who is MHST?

MHST consists of the clinical lead, team managers, supervisors, and Educational Mental Health Practitioners (EMHPs).

The team will work with schools to support parents whose children are struggling with their thoughts and feelings.

## How to access our service

Contact the school's Designated Mental Health Lead, who will then contact us



We will discuss with them about how best to support your child's mental health



If we can help, we will arrange a meeting with you



You will start group work with an EMHP, or high intensity therapist



Contact us via  
E [iownt.mhst@nhs.net](mailto:iownt.mhst@nhs.net)  
C 0300 365 4010

Please note this is not a mental health crisis line

**mental  
health  
support**  
TEAM

The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust



## Mental Health Support Team (MHST)

We are a new team that has been created to improve mental health support to children and young people in primary schools.

The Mental Health Support Team (MHST) is trained to give support in education settings on anxiety, low mood and other struggles with wellbeing and mental health.

**mental  
health  
support**  
TEAM

**feeling low?**

**your emotions?**

**worries?**

**getting angry?**

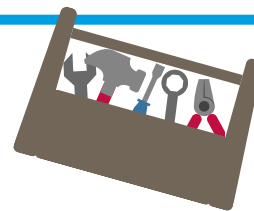
**Is your child struggling with...**

**feeling anxious?**

**feeling nervous about exams?**

## What we do

Each EMHP or high intensity therapist has lots of different tools that can help you!



Here are some examples of what may be covered in the sessions:

- The first session is about getting to know you and your child and what you both need support with.
- The focus will then be on helping you use a therapy called Cognitive Behavioural Therapy (CBT) with your child.
- In every session you will learn new ways to deal with the emotions your child is finding difficult, how to deal with worries, overcome anxiety or how to manage behaviour.

## How we can help young people in primary schools

- We work with parents in groups to show them techniques to help support their child's mental health.
- We deliver a 'whole-school approach' that supports the entire school with their wellbeing by delivering workshops, assemblies, and lots more!

