

HOW CAN MY CHILD GET SUPPORT FROM MHST?



If your child is having difficulties you can speak to your child's teacher who will pass on your concerns to the school's senior mental health lead. This is a person in the school that is responsible for managing referrals to our service.

Your senior mental health lead is:



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FOR INFORMATION AND RESOURCES:

-  [Bit.ly/MHSTparents](https://bit.ly/MHSTparents)
-  youngsomerset.org.uk/mental-health-support-team

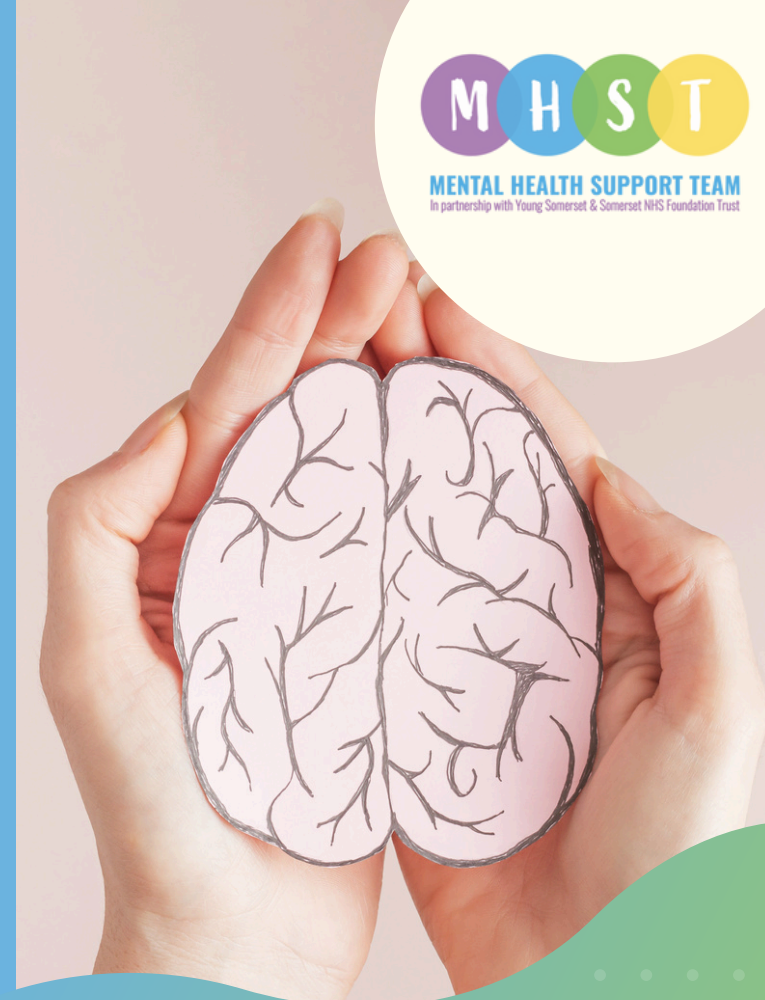
CONTACT US:

-  mhstadmin@somersetft.nhs.uk
-  01823 368 481

 @Somerset MHST

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In partnership with



ALL ABOUT THE...

Mental Health Support Team

INFORMATION FOR PARENTS & CARERS



WHO ARE WE?

Somerset's Mental Health Support Team (MHST) are a team of professionals working to support the mental wellbeing of children and young people in schools across Somerset.

We are a partnership between Somerset's NHS Foundation Trust and Young Somerset.

WHAT DO WE DO?

We provide Low Intensity Cognitive Behavioural Therapy (LICBT) for mild to moderate mental health and wellbeing needs.

We do this via:

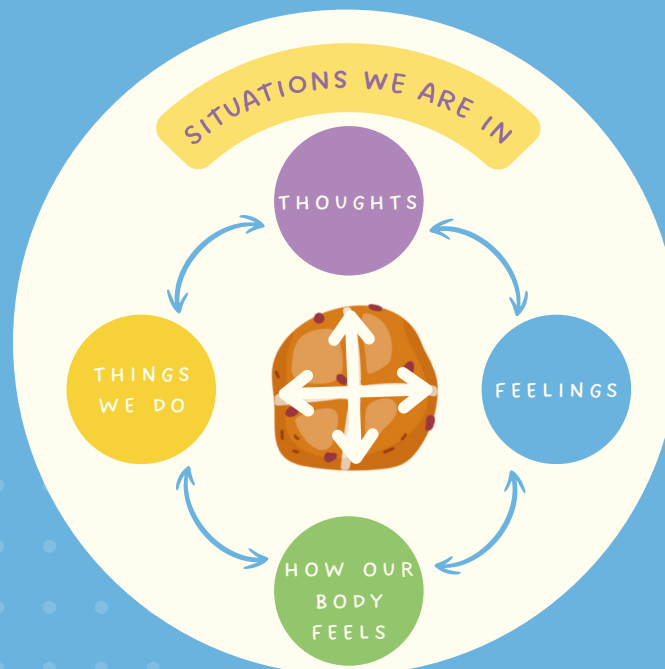
- 1:1 support
- Group work
- Support for parents
- Signposting



We also run activities with the whole-school community including assemblies, workshops and training on topics such as:

- Mental health & Wellbeing
- Anxiety & Low mood
- Understanding emotions
- Exam wellbeing
- Change & transitions

THE CBT HOT-CROSS BUN



WHAT IS LICBT?

Low Intensity Cognitive Behavioural Therapy (LICBT) is a form of guided self help. It supports young people who have the motivation to make changes to improve their wellbeing. Young people are encouraged to set their own goals, carry out home tasks, and to practice their new skills after each session. The intervention is delivered in 6-8 45 minute sessions which take place during the school day

LICBT supports with:

- Low mood
- Worries
- Anxieties
- Phobias
- Obsessive-compulsive disorder (OCD)
- Panic

