NHS

MENTAL HEALTH SUPPORT TEAMS



MENTAL HEALTH SUPPORT TEAMS

The Mental Health Support Teams (MHST) is a Hampshire CAMHS service designed to improve access to psychological therapies for young people, while also assisting schools with their approaches to mental health.

Our practitioners work with young people and parents to manage mild to moderate mental health difficulties using Cognitive Behavioural Therapy (CBT).

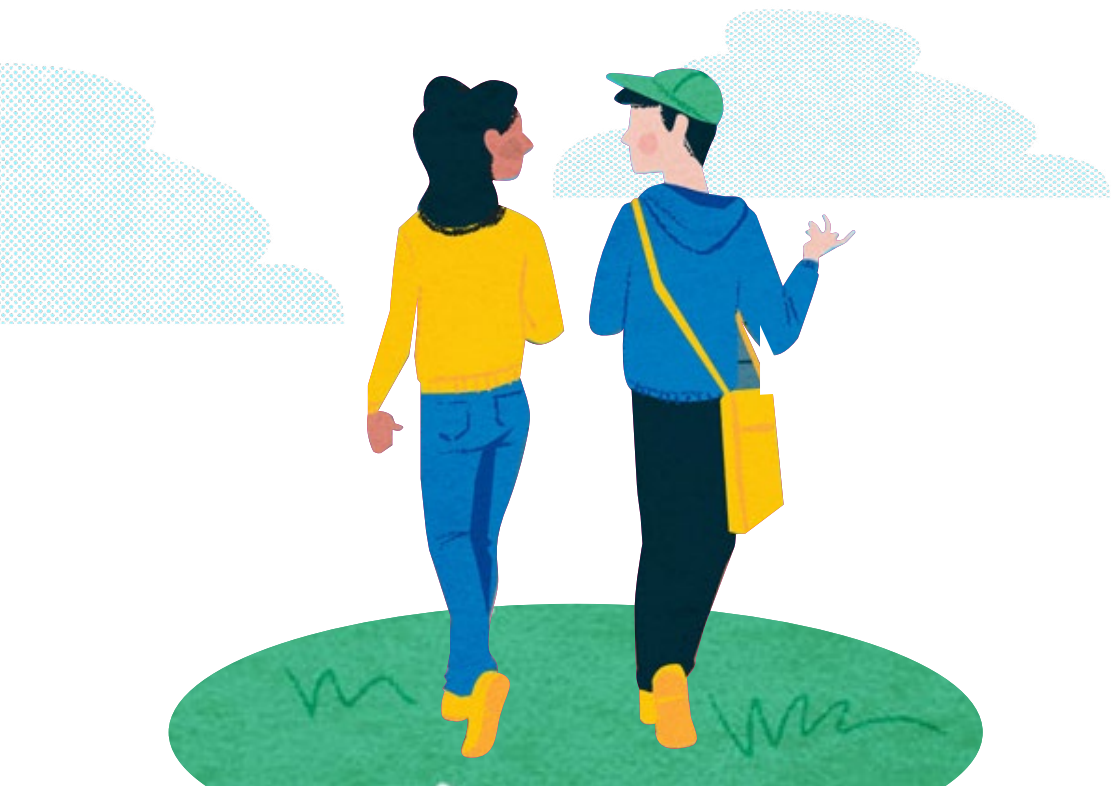
HOW IS CBT DELIVERED?

CBT is a talking therapy which looks at the links between our thoughts, feelings, physical sensations and behaviours. Within the MHST we have low intensity therapists known as Educational Mental Health Practitioners (EMHPs) and high intensity therapists known as CBT therapists. Who a young person works with depends on the severity of the mental health issue as well as if there are any other factors to consider such as a learning need, a neurodiversity diagnosis, environmental or risk factors.

CBT is delivered either in a group context, on a one to one basis, or directly with parents by one of our practitioners depending on age and the nature of the presentation. Sessions can be face to face or virtual depending on preference and circumstance.

COMMON DIFFICULTIES THAT CBT CAN HELP WITH:

- Anxiety/Worry
- Depression
- Panic
- Sleep problems
- Exam stress
- Challenging behaviour (primary age)
- Specific phobia
- Single event trauma



WHO ELSE DOES THE MHST WORK WITH?

Practitioners also engage with schools to help them improve their knowledge and level of support for mental health. We offer school consultations, training packages, workshops, professional discussion groups, curriculum content and much more. We are always looking for ways to support our schools and develop resources that meet their needs in an ever changing landscape.

We also work alongside other CAMHS colleagues from specialist services as well as school nursing, school counsellors, educational psychologists and voluntary sector organisations.

If you feel that you or your child would benefit from the support of the MHST, then please speak to someone at your child's school who can submit a referral to us.

Alternatively, you can contact us via e-mail:

Mhstnorth@spft.nhs.uk
(for Basingstoke and Deane, Hart and Rushmoor)

Mhstwest@spft.nhs.uk
(for Winchester, Test Valley and New Forest)

spnt.mhst.earlyhelpse@nhs.net
(for Fareham, Gosport and Havant)

If you feel that your child needs urgent support then please contact **111** or your GP.

USEFUL CONTACTS

www.hampshireCAMHS.nhs.uk
www.youngminds.co.uk

Text "**Shout**" to **85258** for **24/7** free and confidential text support.

Call Childline on **0800 111** for free and confidential support between 9am and midnight

Services provided by Sussex Partnership NHS Foundation Trust