

Common difficulties that we work with include:

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

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.



NHS

MENTAL HEALTH SUPPORT TEAMS



hampshirecamhs.nhs.uk

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.

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

Our practitioners work with young people and parents to manage mild to moderate mental health difficulties with Cognitive Behavioural Therapy (CBT). This may occur in a group context or on a one to one basis.



Practitioners also engage with schools to help them improve their knowledge and level of support for mental health.

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.

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