

# GUILDFORD MENTAL HEALTH SUPPORT TEAM (MHST)

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## Who are we?

We are a team who work within some Surrey Heath schools to support children and young people's emotional and mental health. We hope to provide support early to prevent difficulties from becoming a problem and reduce their impact on daily life. We work within the Mindworks Surrey, School-Based Needs Service.

## What can we help with?

### Low Mood



- Feeling sad/low/irritable
- Withdrawing/isolated
- Unmotivated/fatigued

### Anxiety



- Frequent worry or anxiety
- Difficulties with social situations or separation
- Overthinking
- Specific phobias e.g. dogs

### Understanding and Managing Behaviour



- Finding it hard to get along with friends and family
- Difficulties managing anger and frequent outbursts

## How do we do this?

1-1 and group work with children, young people and parents

Workshops and assemblies for students, parents and school staff

Supporting schools in working to a whole school approach to mental health and wellbeing

Signposting to other services

Staff training on mental health topics

Consultations with school staff to support and advise on emotional wellbeing and behaviour



## 1-1 and Group Work

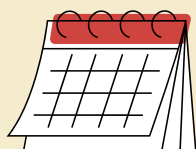
We work with children, young people and parents in a 1-1 or group setting. This support is accessed following a referral.

We use **evidence-based interventions** to work with young people, and parents we support. This means we provide support based on **research** which shows **Cognitive Behavioural Therapy** to be the most effective in supporting young people with **anxiety and low mood**. We use these approaches in the support we offer.



Sessions are usually face to face in school. We also offer online video appointments

We offer around 6-8 weekly sessions lasting 30 minutes to 1 hour



We set goals that you want to achieve at the start of sessions and track these weekly



Some home practice tasks or reading are completed between sessions



We actively welcome people of all gender, ethnicities, cultures, religions and backgrounds, and abilities to our service



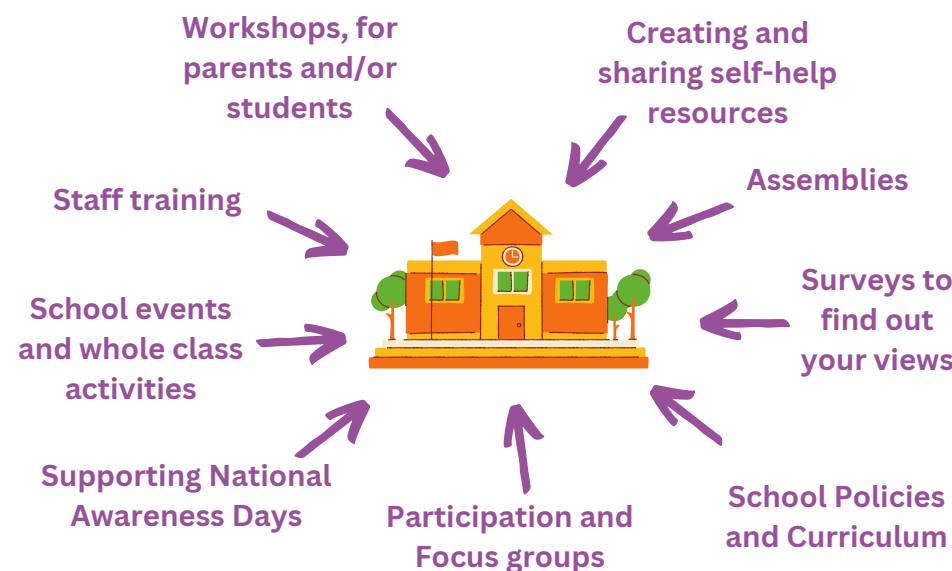
We will safely support and guide you through an intervention to develop your own coping skills

If you or your child would like support, please come and find us at your school or speak to a teacher to ask for a **request for support form**

## Whole School Approach

We work with schools, including staff, students and parents to improve the whole schools' emotional and mental health.

All of our work hopes to **reduce stigma** around mental health and **improve awareness** so people can **access the right support** when they need it. Below are some examples of how we do this.



**We welcome any feedback and/or suggestions**

