

Guildford Mental Health Support Team (MHST)

Hello, we are the members of the Guildford MHST, provided by Surrey and Borders NHS Partnership. We are pleased to share will be working with King's College school.



Amber

Lucy

Kerrie

Maria

We provide support, using a cognitive behavioural approach, for children and young people, with mild mental health and emotional wellbeing difficulties. Our interventions are based on cognitive behavioural therapy.

When a student is referred to us, we always aim to get parental or carers consent. Occasionally, a student may want to access support without this. If the student were over 14 and deemed competent (under Fraser Guidelines) to make this decision, we would not want this to be a barrier to accessing our service. We would be working with the student to try to help them share with their parents or carers about the decisions they are making. If we ever had concerns relating to risk or safeguarding, we would override confidentiality and student's consent to share where needed.

We will also work closely with staff and support a whole schools' approach to mental health. All of our work hopes to reduce stigma and improve awareness of mental health, so children and young people can access the right support when they need it.

