Mental Health Support Teams
Hertfordshire and West Essex

NHS
Hertfordshire
Partnership University
NHS Foundation Trust

Date:

Dear Parent/carer,

Introducing: The Mental Health Support Team (MHST)

The Mental Health Support Team has been commissioned to work in educational settings across Hertfordshire to support children/young people/parent and carers with their emotional wellbeing. Your child's educational setting is supported by trained Mental Health Practitioners, working in collaboration with school staff. We aim to help all children and young people to succeed and achieve their full potential by providing a range of services, including:

- Group Work
- Workshops
- One-to-one sessions
- Drop-in sessions
- Supporting 'peer mentoring' programmes,
- Signposting children with higher needs to access the right support,
- Offering training and consultation to school staff,
- Building on schools' current wellbeing provision.

Interventions offered by the MHST are evidence based and tailored to the individual needs of each setting. We use Cognitive Behavioural Therapy (CBT) strategies and Guided Self Help for mild to moderate mental health to support children and young people.

One-to-one referrals are made to MHST by educational settings. Please speak to your educational setting if you/ your child would like to access this support.

If you **do not** wish for your child to be involved in any provision being offered by Hertfordshire Mental Health Support Team, please inform your educational setting.

Please find attached some further information about how our data is stored and your legal rights in relation to this. If you have any questions about the MHST, please feel free to contact us.

Yours sincerely,

Team Leader
Hertfordshire Mental Health Support Team

PUPI leaflet.pdf