

Do you know who your schools designated mental health lead is?

MHST practitioners work with designated mental health leads to support schools to develop whole school approaches to emerging mental health need. We aim to support school staff to feel confident in identifying and responding to students experiencing mild to moderate mental health problems but we also hope to prevent students from developing mental health difficulties in the first place by promoting self care and self help strategies that can positively impact your wellbeing. The MHST can provide training for your teachers, school and parent consultation, lesson plans and advice, assessment, group work and 1:1 support. We are keen to hear from you about how your school can support you to better look after your mental health.

How can I be referred for assessment?

If you believe that you may be experiencing symptoms of an emerging mental health problem and you want assessment or support, please speak to your school Head of Year or Pastoral Team. They can then request a consultation with their MHST practitioner. MHST schools have consultation at least every half term.

What happens at the end of treatment?

Following completion of your 6-8 sessions, group work or workshop, you will be discharged from the MHST. Before discharge you will be supported to create a wellbeing plan that you can use to help you to continue to manage your mental health independently.

 www.gmmh.nhs.uk

What if I need additional support?

Occasionally, some young people still require further support following completion of a MHST intervention. If this is the case, a discussion would be had with you and your family to consider the appropriate next step to best support you.

Other Support Services

Kooth - <https://www.kooth.com> - sign up online

Young Minds - <https://youngminds.org.uk>. Text YM to 85258

Shout - <https://www.crisistextline.uk> 24/7 text SHOUT to 85258

Samaritans - <https://www.samaritans.org>, call 116 123 or email jo@samaritans.org

Childline - <https://www.childline.org.uk> 0800 1111

For urgent mental health advice if you need urgent advice around your mental health, are having thoughts about self harm or suicide you may need an urgent assessment. Please contact Wigan CAMHS Monday to Friday 9—5 on 01942 775 400. If you need urgent advice outside of these hours please call the 24/7 mental health crisis line on 0800 051 3253 (for people in Wigan of all ages). In an emergency or if you feel unable to keep yourself safe please call 999 or attend your nearest A&E.



**Greater Manchester
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Mental Health Support Team in Schools (MHST)

Information for Young People & Families

**Wigan CAMHS
Helping Hands Centre**
155—157 Manchester Road
Wigan
WN2 2JA
01942 775 400



Improving Lives

Who are the MHST?

The team consists of qualified and trainee Education Mental Health Practitioners (EMHPs), Children and Young People Wellbeing Practitioners (CYWPs), experienced Supervisors and Senior Mental Health Practitioners. These roles work together to provide whole school approaches and brief evidence-based interventions to young people within Wigan schools. Students can be referred with symptoms of:

- Generalised Anxiety (Worry)
- Specific Anxiety
- Low Mood
- Phobia
- Panic Symptoms
- Sleeping Difficulties

We only accept routine referrals from schools.

Working hours—Monday - Friday 9:00-17:00.

What happens in a suitability assessment for brief intervention?

During your assessment the practitioner will explain their role and answer any questions you may have.

You will be offered the opportunity to complete the appointment alone or with your parent/carer. Information will be kept confidential.

The practitioner will want to get to know you and explore different areas of your life by asking questions. The practitioner will also explore what you are currently struggling with and consider the most appropriate pathway of care, this could be accessing a MHST intervention, group work or a workshop, signposting to another service, offering information/guidance.

How do sessions work?

If you and your practitioner decide that you may benefit from support from the MHST approach, you will be offered 6-8 individual treatment sessions, group sessions or a workshop to attend.

One-to-one sessions are usually held on a weekly basis and last between 30-60 minutes.

Appointments can be held virtually (via Microsoft Teams or attend anywhere) or can be facilitated in person, (latest covid guidance permitting). Appointments may be at your school or at the Wigan CAMHS building in Ince.

Workshops may be a one off session or may run in a series.

What does a MHST intervention include?

If you are provided with one-to-one MHST intervention you will be guided through different techniques each week, in order to learn how to manage your mental health symptoms independently. At the start of your sessions you will set your own treatment goal.

It is very important that you practice these techniques in between sessions, in order for the treatment to work.

The interventions provided are based around the concept of changing your behaviours in order to positively impact your thoughts and emotions.

You may be offered group work or workshops instead of one-to-one work, these will be sessions based on a shared problem all of the members are experiencing, the sessions will be a space for students to share and seek support. The practitioner running the session will provide advice, resources and strategies to help the group with the identified problem.