

Mental health support available in school

As we start a new school year, we wanted to take the opportunity to remind you about the mental health support which is available to your child throughout school. Mental Health Support Teams (MHSTs) work in schools and colleges in Hull to support children and young people with their mental health and wellbeing. They work with teachers and parents too, to ensure they have the right skills to help children and young people maintain healthy minds.

This team is made up of qualified practitioners, including Education Mental Health Practitioners (EMHPs) and Senior Practitioners who have experience of emotional wellbeing and mental health for mild to moderate needs in children and young people.

The EMHPs work directly within the school offering a range of interventions and will work with you to determine the best course of action for your child if they need some support. This might include:

- 1:1 support and interventions
- Group work and sessions
- Supporting PHSE lessons
- Assemblies on emotional wellbeing
- Workshops for parents
- Training for teachers

The practitioners can also support children and young people to access other services in the city if they feel it would be more appropriate for them to help.

15-year-old Sam turned to the MHST last year when she was struggling with low mood, watch Sam's story here:

https://www.youtube.com/watch?v=VG0KUr9nY3M&list=PLbdarPQO3W825VMeu2yMeeuNs_7JC_PQxh

To access support for your child, speak to your school's Senior Mental Health Lead or another appropriate member of staff.

Give us your feedback

To make sure MHSTs work well and meet the needs of children, young people, education staff and parents/carers we want to give you the opportunity to have your say.

Take our survey to help us understand:

- Your experience of MHSTs so far
- What is working well
- What might not be working so well
- What ideas you have to make the service better

Follow the link to have your say: <https://eu.surveymonkey.com/r/DCQGWZL>