

Mental Health Support Team in Schools



Information for children and their families
or carers.



Who are the Mental Health Support Teams in Schools (MHST)?

We are NHS teams that work in your child's school. We help children and young people aged 5 to 18 years old who need some support with their feelings and mental health. We also work with teachers and school staff to make schools a better place for everyone's emotional wellbeing.

Our team is made up of trained professionals. They are called educational mental health practitioners (or EMHPs for short) and Children's Wellbeing Practitioners (or CWP's for short). We provide help at an early stage, before problems get bigger. We also give children skills and tools that can help them as they grow up.

What is mental health?

Everyone has mental health. Our mental health includes our thoughts and feelings. It affects how we cope with everyday life. Children can feel lots of different emotions. These can be happiness, sadness, anger, worry or loneliness. These feelings are all a natural part of growing up.

But, if some of these feelings last for a long time or affect their everyday life, it can mean a child is struggling with their mental health. They may need some support to feel better.

You may also notice changes in their behaviour. This can be your child becoming more withdrawn or irritable, not wanting to go to school, changes in their sleep or eating, or losing interest in things they usually enjoy.

How we work with your school

- We support your school to learn more about mental health and the things that can help to promote positive emotional wellbeing. We encourage schools to make positive changes to help everyone.
- We help everyone to know it is okay to talk about their feelings and ask for support.
- We offer workshops and assemblies on positive mental health.

How we work with parents/carers and children

We work closely with parents and carers of children who may be feeling worried, sad or finding their feelings difficult to understand or manage. We work directly with children, young people and their families offering evidence-based support such as:

- One-to-one with children
- Group work
- Online and face to face support for parents
- Signposting to other support

How to get some help for your child's mental health

You can speak to your child's teacher or ask to speak to the school's mental health lead. Before a referral is made, the school's mental health lead will ask for your and your child's consent.

You can make your own referral on the [My Self Referral website](https://www.myselfreferral-llr.nhs.uk) www.myselfreferral-llr.nhs.uk. Please note that you will need to give permission for the school to be told about your referral. This is because your child will be seen in school, so they need to know.

We will look at your child's NHS electronic health record. Letters will also be sent to your child's GP.

You can find out more information about how we handle data in your child's health record by reading our privacy policy:

www.leicspart.nhs.uk/privacy-policy/childrens-privacy-notice

More information is also available in our carers confidentiality booklet, which can be downloaded from the Leicestershire Partnership NHS Trust website: www.leicspart.nhs.uk/wp-content/uploads/2022/07/584-Carers-confidentiality.pdf

Remember that anyone can need support with their mental health at anytime. About one in five children in England experience mental health difficulties. Your child is not alone and support is available.

Other sources of help

For Kids

Health for Kids

www.healthforkids.co.uk

For Parents and Carers

lptnhs.com/SupportForParents

Young people - LPT lptnhs.com/YoungPeopleMentalHealthSupport

Health for Kids - Grownups

bit.ly/H4KGrownups

Young Minds

www.youngminds.co.uk

For urgent mental health help

Call NHS 111 and select the mental health option.

In an Emergency

call **999** or go to **A&E** if your life is at risk or you do not feel safe.

Find out more about Mental Health Support Teams in schools by visiting lptnhs.com/IntroducingMHSTsHforK

1. Realising you might need support

Feeling anxious, stressed or low? You may be finding it difficult to manage your emotions or focus on everyday life.

2a. Referred by a professional

Speak to a teacher or trusted adult to request a referral. Nothing will happen without your consent.

2b. You or your parents reach out for support

You can also be referred through triage or navigation by self-referring.

or

3. Finding the right support for you

A health professional will assess your needs and decide whether MHST is the right support for you.

4. Developing skills to cope and feel better

Work with a practitioner to put together a plan and build skills to help you feel better.

5. Feeling better and moving forward

Learn techniques and strategies to help you manage your wellbeing and feel more confident moving forward.

We warmly welcome any comments and suggestions you may have. To share your feedback, speak with a member of our team, fill out our Friends and Family Test or reach out to our patient advice and liaison service (PALS). For more information about PALS, please visit www.leicspart.nhs.uk/contact/patient-advice-and-liaison-service-pals

Our PALS and complaints team is here to help you with any compliments, questions, comments, or concerns you may have relating to our services. They can also:

- provide confidential advice and support to patients and service users, their families and carers
- listen and respond to any compliments, comments or suggestions and provide information about services and local support groups
- help to resolve concerns on your behalf
- give you information on how you can get involved in helping us to develop our service.

To speak with PALS, contact them by:

- calling 0116 295 0830 (Monday to Friday 9.00am – 4:30pm)
You can leave a voicemail message at any time, and they will call you back.
- emailing: lpt.pals@nhs.net



If you are accessing these links electronically you can use our accessibility toolbar, which is especially useful if you have a hidden disability such as dyslexia (or other reading difficulties), a visual impairment or English as a second language. If you would like to access this leaflet digitally, please speak to a member of our staff.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille, or audio, please speak to a member of our staff.

Why not follow our social media account?

Search for **'healthforkidsgrownups'** on Instagram to stay up to date with our latest content.

Here are some useful resources for young people and their families or carers.

	Information discussed during appointments will be kept confidential (this means we will keep your information within certain limits). Please scan the QR code or visit www.leicspart.nhs.uk/privacy-policy to learn more about our Trust's privacy policy.
	www.leicspart.nhs.uk/mental-health
	www.nhs.uk
	www.healthforkids.co.uk

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