



SEFTON MENTAL HEALTH SUPPORT TEAM

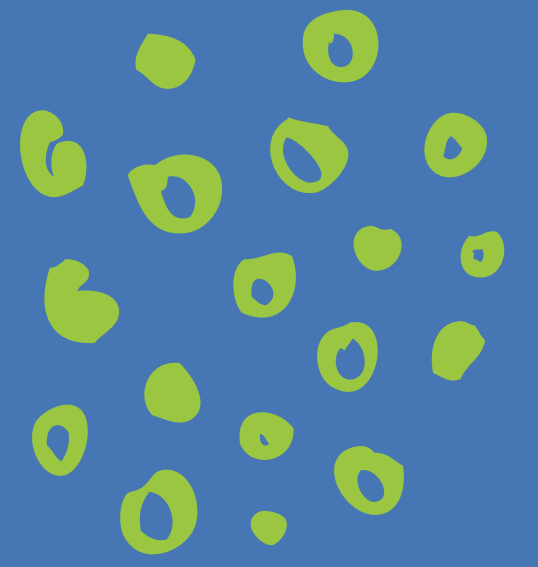
The Mental Health Support Team (MHST) is a new service to support young people in achieving good mental wellbeing. We are Educational Mental Health Practitioners who work in this team and come into schools to provide mental health support.

HOW CAN WE HELP?



- We will talk to you and your parent or carer about what you are finding difficult.
- We might work with you directly or with your parent to help you feel better. This could be at school or using virtual methods at your home.
- We might put you or your parent in touch with other professionals who can support you.

HOW CAN I GET HELP?



- Talk to your teacher or parent about making a MHST referral for you.
- We will then contact you or your parents to discuss the difficulties you're experiencing and look at what you would like to change.
- We offer 1-1 or group support at your school, over the telephone, via Microsoft Teams or in school.

WHAT CAN WE HELP WITH?



We work with young people directly or with schools to help improve your ability to get back up during tough times, problem-solve difficulties and develop coping strategies to support mental wellbeing.



ANXIETY/WORRY



Anxiety is a word to describe feelings of worry, fear and panic.

- You may also experience bodily sensations such as a racing heart, breathing fast, dry mouth or feel shaky.
- You may have a lot of 'what if' thoughts pop into your head.

We can offer:

- Worry management - strategies to help you relax in anxious situations
- Graded exposure - a plan towards facing your worries
- Support with exam stress

LOW MOOD



Feeling low or sad is normal, but when it won't go away after 2 weeks, sometimes we may need some support.

- Low mood can make us feel sad, stressed, lonely, angry or empty.
- It can make us think negatively about ourselves or others.
- It can make it really difficult to carry out normal tasks that we normally find easy to do, or make us not want to do things we enjoy.

We can offer:

- Behavioural Activation - exploring things that are important to you and carefully planning these activities into your day to day routine.

This is normally on a 1-1 basis.



The MHST operates 9am - 5pm Monday to Friday. If you need to speak to someone urgently about your mental health you could contact:

- Your GP
- Childline - www.childline.org.uk (phone: 0800 1111 or text 'shout' to 85258).
- Samaritans - www.samaritans.org (phone 116 123)
- Liverpool Crisis Team - (phone 0151 293 3577)

Scan the QR code to access support and our website!



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