

# Mental Health Support Team



Dear Parents/Guardians,

Brighter Futures for Children and Berkshire Healthcare Foundation Trust are pleased to be launching the new Mental Health Support Team (MHST) and would like to take this opportunity to provide some information about this exciting new project.

## Our aim

The MHST will support children and young people with emerging, mild or moderate mental health difficulties. The project is for those pupils on roll at 15 schools in West Reading. Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels; with the aim of supporting a whole school approach to mental health.

## The team consists of:

- Senior Educational Psychologists
- Primary Mental Health Workers
- A Specialist CAMHS practitioner
- An Outreach worker
- Educational Mental Health Practitioners (EMHPs)
- Administrator

## Participating schools

Our service is only available to children and young people who attend or are on roll at one of the following schools:

- Blessed Hugh Faringdon
- Prospect
- The Wren
- Cranbury College
- Battle
- Churchend
- English Martyrs
- Manor
- Meadow Park
- Moorlands
- Oxford Road
- Park Lane
- Ranikhet
- St Michaels
- Wilson
- Southcote

## What we offer

We offer a range of evidence-based interventions for mild to moderate anxiety, low mood and behaviour management. This may include interventions such as:

- Overcoming Your Child's Fears and Worries programme: an individual guided self-help intervention for parents of anxious children aged 12 and under
- Webster-Stratton Incredible Years: an individual guided self-help intervention for parents of primary aged pupils
- worry management for children experiencing anxiety (Year 6 and above)
- graded exposure (facing feared situations) for children with phobias and other anxiety difficulties (Year 6 and above)
- support for young people to explore and develop helpful coping strategies specific to improving low mood (Year 6 and above)

The MHST also offers support to school staff by:

- delivering training on various mental health topics
- offering consultations (individual or group) where staff can think through their concerns or difficulties regarding students or class groups
- working with staff to support students individually
- supporting staff wellbeing

### How can you access the service

#### Young people under 16 years old

Parent/Guardians can use the online referral form [www.brighterfuturesforchildren.org/MHST-referral-form](http://www.brighterfuturesforchildren.org/MHST-referral-form) and find more information on Reading's SEND Local Offer webpage under mental health or [www.brighterfuturesforchildren.org/MHST](http://www.brighterfuturesforchildren.org/MHST)

Parent/Guardians can speak to the Special Educational Needs Co-ordinator (SENCO) or Senior Mental Health Lead (SMHL) at school and they can complete a simple referral form with you.

Young people can also speak to a member of school staff, School Nurse, their GP or any other professional who works with them who could support them with completing a referral.

#### Young people who are 16 years or over and on roll of a project school

Can self-refer [www.brighterfuturesforchildren.org/MHST-referral-form](http://www.brighterfuturesforchildren.org/MHST-referral-form)

Or as above the referral can be supported with consent from the young person.

***Our service is open Monday to Friday 9am to 5pm.***

### What happens after you make a referral

When referrals are received they go through a triage process to explore how your needs can be best met. We may contact you if we need more information.

If the referral is accepted, an MHST practitioner will be in contact to let you know. Depending on demand for our service, there may be a waiting list.

Once an MHST practitioner has been allocated, they will contact you and school to arrange a visit and an initial assessment to explore with you what intervention we may be able to offer.

If we are unable to offer you a service, we would discuss other options with you and look to signpost you to other services that may be able to meet your needs.

### Contact details

**Telephone:** 0118 937 6548

**Email:** [MHST@brighterfuturesforchildren.org](mailto:MHST@brighterfuturesforchildren.org)

**Website:** [www.brighterfuturesforchildren.org/MHST](http://www.brighterfuturesforchildren.org/MHST)



### Other sources of information

If pupils are experiencing moderate to severe difficulties, where symptoms are having a significant impact on their daily life, you can contact your local Child and Adolescent Mental Health Service (CAMHS) or visit your GP.

If you think there is significant risk, contact CAMHS directly on 0300 365 1234 or Children's Services on 0118 937 3641.

If there is an immediate danger call 999.

Support and advice is also available from Childline 0800 1111 or Samaritans 116 123. The Samaritans offer advice on how to help someone you're worried about open up about their feelings. <https://www.samaritans.org/shush>

For parents of children at primary school: This leaflet provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

<https://www.annafreud.org/media/7228/tmh-parent-leaflet-final-all-approved-laid-out-for-web.pdf>

For parents of young people at secondary school: This leaflet provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

<https://www.annafreud.org/media/7223/secondary-parents-leaflet-final-proofed.pdf>