

Introducing

WATFORD MENTAL

HEALTH SUPPORT TEAM



The new Watford Mental Health Support Team is part of the NHS working directly in schools.
Your child's school will be supported by an Educational Mental Health Practitioner.

What is the MHST?

Mental Health Support Teams (MHST) are part of a national initiative from the Department of Education and NHS England to support children and young people in schools with mental health and wellbeing. We work collaboratively with pupils, schools and parents to embed good mental health into daily life and to raise awareness of these issues. Our aim is early intervention and prevention, to enable all children and young people to succeed.



What do we do?

Educational Mental Health Practitioners (EMHPs) provide a range of services tailored for each school. In senior schools EMHPs work directly with young people experiencing low mood or anxiety. In primary schools, EMHPs work with parents or carers for children who have behavioural difficulties or are experiencing fears and worries. EMHPs support with mild to moderate mental health difficulties and can signpost to other services where a higher level of support is required.

EMHPs also offer group work / workshops for primary pupils around emotions and confidence and group work / workshops for secondary pupils and parents.



How do we support young people?

The EMHP will work with a child, young person or parent for approximately 6-8 sessions. The focus is on learning skills to manage the difficulties they may be experiencing. The sessions are designed to help and support young people in becoming specialists in their own mental health and wellbeing, and in building confidence and problem-solving skills.

The work is a partnership between the EMHP and the young person or parent/carer and involves active participation and practise between sessions.

All of the work we do has been proven to be effective and to improve outcomes for children, young people and their families.

How to get involved?

The Mental Health Lead within your school is responsible for referrals to our service. You can contact them for more information or email us if you have any questions

hpft.mhstwatford@nhs.net

