

Mental Health Support Team (MHST) Watford
Holywell School
Tolpitts Lane
Watford
Herts
WD18 6LL
Tel: 07976 072413
Email: hpft.mhstwatford@nhs.net

Dear Parent/Carer

Introducing: The Mental Health Support Team

The new Watford Mental Health Support Team is part of the NHS working directly in schools to help improve children and young people's mental health and wellbeing. The team has been commissioned to work across 20 schools within the Watford area. Your child's school will be supported by an Educational Mental Health Practitioner (EMHP) working in collaboration with school staff. We aim to help all children to succeed and achieve their full potential.

EMHPs provide a range of services, including:

- Group work / workshops for primary pupils around emotions and confidence,
- Group work / workshops for secondary pupils/parents,
- One-to-one sessions for primary parents around helping their child's anxiety,
- One-to-one sessions for secondary pupils around guided self-help for mild to moderate mental health issues,
- Drop-in sessions for Secondary pupils to discuss worries/issues affecting their mental health,
- Supporting 'peer mentoring' programmes,
- Signposting children with higher needs to access the right support,
- Offering educational workshops to interested parents,
- Offering training and consultation to school staff,
- Building on schools' current wellbeing provision.

The support offered will look slightly different from school to school depending on need.

Referrals to the service are made by school. Please see the attached 'Protection and use of personal information' (PUPI) leaflet for further information about how our data is stored and your legal rights in relation to this.

If you have any questions about the MHST, please feel free to contact us.
Yours sincerely

Ify Ezeifedi
Acting Team Leader, Watford Mental Health Support Team

