

WHAT IS A WHOLE SCHOOL APPROACH?

The 'Whole School' approach is an ethos which involves all parts of your child's school, working together to create and sustain a mentally healthy school environment.

A 'Whole School' approach supports the idea that children's mental health is everyone's responsibility and aims to build a wellbeing support network around the child, which also extends beyond the school gate and into the family home.



You can read more about the services covering Cheshire and Wirral here:

<https://www.mymind.org.uk/>

HOW CAN MY CHILD GET SUPPORT FROM THE TEAM?

If you think your child may benefit from some extra support from MHST or if you're interested in any of our parent and carer offers, you can speak to the schools Senior Mental Health Lead. Referrals to MHST are made by the school.

If your child needs urgent or emergency mental health support at any time, you can contact CWP's 24/7 all-age mental health crisis line on **0800 145 6485**.



CHESHIRE MENTAL HEALTH SUPPORT TEAMS (MHST)

Helping people to be
the best they can be

WHO ARE WE?

The **MHST** consists of qualified practitioners who are trained to assess and support children and young people who are experiencing low-level mental health difficulties.



We aim to empower children and young people (as well as the adults in their lives) to learn strategies and new ways of taking care of their mental wellbeing.

We work with schools to develop a whole school approach which encompasses and mobilises the whole school to promote student wellbeing. Our team is made up of Mental Health Practitioners and Education Mental Health Practitioners who will provide direct ongoing support to your school, which includes:

OUR SERVICES



Initial Consultation

A safe, reflective space between our practitioners and a member of school staff, such as the SMHL. They can bring any concerns they may have for their students mental health or emotional wellbeing.

At this stage, school don't need to share any personal information regarding the student. This gives us opportunity to offer advice, resources or signposting to relevant services. If we feel the student will benefit from extra support from the MHST, we will encourage school to seek parental consent and fill out our digital referral form.



Professional Consultation

As part of our support offer, our practitioners will provide ongoing 'Professional Consultations' to further explore concerns you may have for individual students. During these consultations, we can explore what support MHST can offer to the child or young person.



1:1 Evidence Based Interventions

Brief 1:1 CBT informed interventions for pupils with mild to moderate mental health conditions, such as anxiety, low mood, behavioural difficulties and/or social & communication difficulties.



Parent and Carer Support

We will run coffee mornings and parent drop ins where parents and carers can access advice and signposting from our practitioners.

We are also part of the 'Cheshire Wide Parenting Offer' where parents can access parenting programmes such as 'Webster Stratton Incredible Years' and 'Triple P Fear-Less'.



Whole School Approach

We provide a range of services to help schools to become more 'health promoting'. This starts with understanding the needs of the whole school community.