



MENTAL HEALTH SUPPORT TEAM

Did you know your school has a Mental Health Support Team?

Meet the TEAM based at Ormiston Ilkeston Enterprise Academy.



Here is some more information about what a Mental Health Support Team is:

Mental Health Support Teams (MHST) are part of a national project that is funded by NHS England to support the mental wellbeing of children in both primary, secondary, special school schools and colleges.

We have six Mental Health Support Teams across Derbyshire and Derby.

The Mental Health Support teams are part of the *Changing Lives Service*. The service currently offers early intervention mental health support across 103 Derby/Derbyshire schools and is managed by the national children's charity, *Action for Children*.

The early intervention approach used is Cognitive Behavioural Therapy (CBT). CBT is a type of therapy that focuses on thoughts, feelings and behaviours and how these three things interact.

The *Changing Lives Service* offers support to children and young people who may be struggling with:

- Low mood**
- Anxiety**
- Simple phobias**
- Sleep problems**
- Panic attacks**
- Worries**
- Managing stress**
- Change/transition**

How we can support children under 11 years

Parent-led CBT in both group and 1-1 setting (for anxiety or behaviour).
Brief guided self-help parenting intervention (for anxiety or behaviour).

How we can support children over 11 years

Offer CBT based interventions for low mood, stress and or other mood difficulties.
Support feelings around adjustment (i.e. Managing transition, change).
Offer CBT based interventions for mild to moderate anxiety and worry.
(Panic, separation anxiety and simple phobias).
Sleep hygiene support and advice.

Age-appropriate group or individual interventions.

How we can support parents, carers and families

Provide awareness training/workshops to support interventions with children and young people (e.g. Low mood, stress, managing transition, anxiety and worry).
Offer brief parental support for behavioural difficulties.

How to make a referral to the service?

Referrals can be made by completing a referral form and sending it to:
afcbsmdd.adminchanginglives@nhs.net

North – 07866062763

South and City – 07866062740

What happens after a referral is made?

1. When referrals are received, they go through a triage process to explore how your child's needs can be best met and if the service we offer is appropriate. We may contact you if we need more information.
2. If the referral is accepted, an MHST practitioner will contact you to arrange an assessment to explore with you what intervention we may be able to offer.
3. 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.

For additional information about the Changing Lives Service please see:
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service>

Follow us on Twitter @ChangingLivesDD