

## How can you access us?

Speak to a trusted member of staff in school



We'll speak with your school about how best to help you



If we can help, we'll arrange to have a meet and greet with you



You'll then start your 1-to-1 sessions with your Educational Mental Health Practitioner (EMHP)

### Get in contact

[mhstenquiries@otrbristol.org.uk](mailto:mhstenquiries@otrbristol.org.uk)

0117 403 8735

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected education settings across Bristol and South Glos, to find out where we work check out our webpage:

[www.otrbristol.org.uk/what-we-do/mhst/](http://www.otrbristol.org.uk/what-we-do/mhst/)



# Mental Health Support Team

We are a new project that has been created to get mental health support to more children and young people.

The Mental Health Support Team (MHST) are trained to give 1-1 support in education settings on anxiety, low mood and other struggles with wellbeing.



Our logo is an otter because, like otters, we work as part of a team and use tools to help everyone we work with build resilience and look after their wellbeing. Some of our favourite tools are problem solving, self-care, challenging negative thoughts and managing worries.

# What is a Mental Health Support Team (MHST)?

An **MHST** is a trained team made up of a Clinical Lead, Team Managers, Supervisors and Educational Mental Health Practitioners (**EMHPs**) who work with schools to support young people who are struggling with their thoughts and feelings.



## How can we help children and young people?

- We work with you on a **1-1 basis** to show you ways to take care of your mental health.
- In primary schools, we can work **1-1 with parents** giving them new ideas for supporting their child's mental health.
- We work to deliver a "**whole-school approach**", which means we support the entire school with their wellbeing by delivering group workshops, assemblies, creating resources and lots more!

# What's going on for you?

I'm feeling low

I'm struggling with my behaviour

I'm anxious

I'm Worried

I'm nervous about exams

I'm having trouble with my emotions

## What would I do with my EMHP?

Each EMHP has lots of different tools that can help you. Below are some things you might do with your EMHP:

- The first session is about getting to know you and what you need support with.
- Then your EMHP will focus on helping you using a type of therapy called low-intensity Cognitive Behavioural Therapy (**CBT**)
- Each session you will learn new ways to deal with the emotions you are finding difficult, how to deal with worries, overcome anxiety, challenge negative thoughts or boost your mood.

