

My MHST Plan

Mental Health Support Team

My name:

Name of my MHST worker:

Introduction

Why was this referral made to the Mental Health Support Team and who made it?

Looking back at your Voice Card, you said you would like some help with...

Who attended this initial assessment? What was the date? Where did it take place?

Who do I consent to share this plan with and how?



A little about me...

3 positive words to describe me are:

Three empty rounded rectangular boxes for writing positive words.

What's going well and what could be better...

School and Learning

Family

Interests and Strengths

What I'm finding difficult right now

What my questionnaire suggests...

My safety and support:

My safety

**Other
professionals
who support or
have supported me**

**Working summary -
A shared understanding of what's going on**

Goals and next steps



Within the session I expressed that I would like to achieve:

Next steps:

How many sessions am I going to have and over what time period?

Where and when am I meeting next?

We find that sessions work best when you attend regularly. If you need to cancel an appointment please give us as much notice as you can. If you miss multiple appointments we may have to discharge you and offer your slots to another family