

The Education Mental Health Practitioner for your school is:

**Temi Olayinka**



The MHST Senior Clinician for your school is:

**Deborah Kemp**

The senior clinician will meet with you to think about the most suitable service for you.

If you need to speak to someone about your mental health outside of school, please contact your GP or any other professional supporting you, such as a social worker.

Outside of normal working hours you can contact the Crisis Team: **020 8432 8020**, or go to A&E.

The Samaritans provide free, 24 hour telephone support on **116 123**.

Kooth provide a free and confidential online counselling service at [www.kooth.com](http://www.kooth.com)

## Mental Health Support Team at CAMHS

15 Homerton Row  
London  
E9 6ED

Tel: 0203 222 5600

# Well-being and Mental Health Services in your school

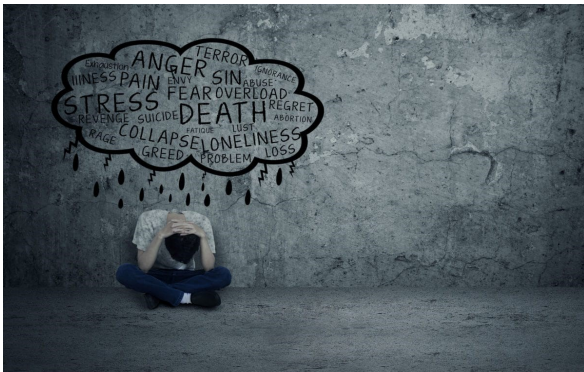


## Introducing the

# Mental Health Support Team (MHST)

# Who are we?

The Mental Health Support Team is an NHS service which is part of the Well-being and Mental Health Service (WAMHS) for your school. We work with young people, parents and staff to help improve young people's emotional wellbeing.



# What we aim to offer?

Our aim is to raise awareness about mental health and to reduce stigma.

We offer support mainly through workshops, groups and occasionally individual work.

We offer evidence-based psychological therapies, guidance and support for young people experiencing difficulties with emotional well-being and mental health.

We can also support parents and carers or work with families where young people are experiencing mental health difficulties.

# Why are we here?

We are part of Children and Young People's Improving Access to Psychological Therapies (CYP-IAPT). We care about improving the quality of children and young people's mental health services.

We know that working in schools and involving young people in developing services improves services. We will regularly seek feedback to ensure we are providing a useful service.

# Support we offer

- Workshops (e.g. diet, sleep hygiene)
- Group work (e.g. exam stress, anxiety)
- Guided self-help for mild low mood and anxiety
- Cognitive behavioural therapy (CBT) for moderate low mood and anxiety
- Family work

# How are we linked to your school?

An Education Mental Health Practitioner (EMHP) from the Mental Health Support Team will be based within your school one day per week.

We also have other clinicians in our team that can provide different services for your school or help to identify other services that may benefit you.

# How can I get support from this service?

If you are having difficulties your Form Tutor or Head of Year may suggest that you speak to a member of our service.

If you would like to be referred speak to your Head of Year or Form Tutor.

