

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

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We work in partnership with OTR (Off the Record) and CAMHS

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 MHST team are trained to give 1-1 support in education settings on anxiety, low mood and other problems with wellbeing.

Our logo is an otter because, like otters, we work as part of a team and use tools to help build our own and each other's resilience. Tools can include problem solving, being compassionate towards others, dealing with stressful times and managing your own wellbeing.



WHAT'S GOING ON FOR YOU?

I'm feeling low

I'm struggling with my behaviour

I'm anxious

I'm Worried

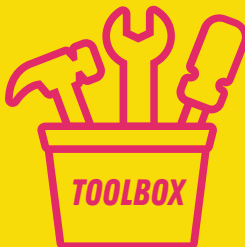
I'm nervous about exams

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 and what you need support with using a type of therapy called Cognitive Behavioural Therapy (CBT).
- Each session you will learn new ways to deal with the emotions you are finding difficult and how to deal with worries, overcome anxiety, challenge negative thoughts or boost your mood.



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.
- We sometimes work with families by delivering something we call **parenting-led** intervention.
- 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 work with the entire school to deliver group workshops, assemblies and create resources.