HEALTH FOR TEENS

NHS
Leicestershire Partnership
NHS Trust

Mental Health Support Team in Schools

Information for young people and their families or carers.



What is mental health?

Mental health is how we think, feel and act. Everyone's mental health changes over time.

Our mental health can be affected by our experiences, things around us and what happens in our lives. Looking after our own mental health is a very important part of growing up.

It is natural to feel a range of emotions but if you are finding that your mental health is becoming difficult to manage and is getting in the way of your daily life, you can reach out for help.

Anyone can be affected by difficulties with their mental health and wellbeing. Research shows around one in five young people in the UK are likely to have a mental health concern. You are not alone.

Who are the Mental Health Support Team in Schools?

The Mental Health Support Teams in Schools (MHST) are an NHS service that works in schools, helping young people with their mental health and emotional wellbeing.

The MHST have practitioners who are trained to support children and young people with their mental health and emotional wellbeing. They support young people learn new skills and tools to help them with their difficult thoughts and feelings.

How does the support work?

MHSTs can help if you are having difficulties such as feeling worried or sad or finding your feelings hard to manage or understand. They will teach you simple tools that are proven to help and work with you to:

- solve problems step by step
- notice helpful and unhelpful thoughts
- gradually face your fears
- teach you new skills to manage difficult emotions
- identify how to keep yourself safe and supported
- talk to you about positive mental health and wellbeing choice

Practitioners will offer effective, evidence-based support. They will work with you to set goals and put together a plan, just for you. If you agree, this can be shared with your family and school.

Important information

Before school sends a referral, your parent or carer will be asked for permission. For more information about this, visit lptnhs.com/IntroducingMHSTsTeens Young people under the age of 16 years may request MHST support without parental consent, but a parent or carer may be contacted if we are concerned about your, or someone else's, safety.

If you make your own referral on the My Self Referral website www.myselfreferral-llr.nhs.uk, you will need to give permission for your school to be told. As you will be seen in school, they need to know.

Your NHS health record will be checked, and letters will also be sent to your GP. You can find out more information by reading our privacy n notice on the Leicestershire Partnership Trust website by visiting: www.leicspart.nhs.uk/privacy-policy/childrens-privacy-notice

1. Realising you might need support
You may be feeling anxious, stressed or low, or finding it difficult to manage your emotions and day-to-day life.

2a. Referred by a professional
Talk to a teacher, pastoral lead or another trusted adult. They can help you access support and make a referral if needed.

2b. Reaching out for support
You can also be referred for support through triage and navigation through a self-referral.

or

3. Finding the right support for you
Once a referral is received, a practitioner will assess your needs and decide whether MHST is the most suitable support.

4. Building skills to manage your wellbeing
Work with a practitioner to put together a plan and build skills to help you feel better.

5. Feeling better and moving forward
Use the skills and techniques you've learned to manage future challenges and support your wellbeing.

How we work with your school

We support your school to learn more about mental health and ways to promote emotional wellbeing. We encourage schools to make positive changes to help everyone, such as:

- We help everyone know it is okay to talk about their feelings and ask for support.
- We offer workshops and assemblies on positive mental health.

Other sources of help

For Teens

www.healthforteens.co.uk
www.youngminds.org.uk

For Parents and Carers

www.leicspart.nhs.uk/mental-health/resources/conditions/young-people
lptnhs.com/SupportForParents

For urgent mental health help

Call NHS Direct 111 and select option 2.

In an Emergency

call 999 or go to A&E if your life is at risk or you do not feel safe.

Find out more about Mental Health Support Teams in schools by visiting lptnhs.com/IntroducingMHSTsTeens

We warmly welcome any comments and suggestions you may have. To share your feedback, speak with a member of our team, fill out our Friends and Family Test or reach out to our patient advice and liaison service (PALS). For more information about PALS, please visit www.leicspart.nhs.uk/contact/patient-advice-and-liaison-service-pals

Our PALS and complaints team is here to help you with any compliments, questions, comments, or concerns you may have relating to our services. They can also:

- provide confidential advice and support to patients and service users, their families and carers
- listen and respond to any compliments, comments or suggestions and provide information about services and local support groups
- help to resolve concerns on your behalf
- give you information on how you can get involved in helping us to develop our service.

To speak with PALS, contact them by:

- calling 0116 295 0830 (Monday to Friday 9.00am – 4:30pm). You can leave a voicemail message at any time, and they will call you back.
- emailing: lpt.pals@nhs.net

If accessing this leaflet online, you can use our accessibility toolbar. The toolbar is especially useful if you have a hidden disability, such as dyslexia (or other reading difficulties), a visual impairment or have English as a second language. If you would like to access this leaflet digitally, please speak to a member of our staff.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please speak to a member of our staff.

Why not follow our social media account?
Search for '**healthforteens_leicester'** on Instagram to stay up to date with our latest content.

Here are some useful resources for young people and their families or carers:

	Information discussed during appointments will be kept confidential (this means we will keep your information within certain limits). Please scan the QR code or visit www.leicspart.nhs.uk/privacy-policy to learn more about our Trust's privacy policy.
	www.leicspart.nhs.uk/mental-health
	www.nhs.uk
	www.healthforteens.co.uk

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