

Making a self-referral

Who are we

The Mental Health Support Team (MHST) is a schools-based service, supporting children, young people and parents' emotional wellbeing in a range of ways.



Who do we support?

We work with children and young people, from the age of 5 to 18, who experience difficulties with their emotional wellbeing and mental health. These can be common for lots of young people and might include sadness, feeling low, anxiety or low self-esteem.

In primary schools, we also offer parents individual guided self-help sessions based on cognitive behaviour therapy principles, either around supporting their child to manage anxiety, or behaviour that challenges.

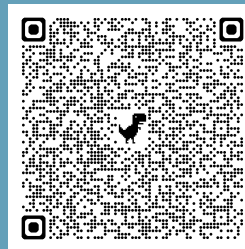
Whole school approach to mental health and wellbeing

In addition, we support schools and families with:

- parent webinars on a range of topics
- coffee mornings based at your child's school
- staff workshops and support
- group work, assemblies and workshops to promote emotional wellbeing

To self-refer, please follow the link or click on the QR code below to complete a short online form:

Mental Health Support -
Self Referral - Achieving for Children
afc-self.achieveservice.com



✉ mhstbusiness.support@achievingforchildren.org.uk