

Parents: MHST Information at a Glance

General MHST information

[MHST leaflet explaining who and what we offer](#)

[Self-referral for primary aged pupils](#)

[Self-referral for secondary school pupils](#)

[Leaflets on our universal groups](#)

[MHST website](#)

[MHST video library](#)

Helping with.... Parent webinars (topics chosen by parents)

[Webinars: Helping Children with Series 25/26](#)

[Webinars: Helping Teens with Series 25/26](#)

