

MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS

WE'RE HERE OVER THE SUMMER – SUPPORTING YOUR CHILD'S WELLBEING

1 Who are we?

We are the Mental Health Support Team (MHST) from Leicestershire Partnership NHS Trust (LPT). We work directly with schools to support the emotional wellbeing & mental health of children & young people (CYP). Our team will continue to offer support throughout the summer holidays.

How do we support CYP?

One to one sessions for children & young people struggling with low mood, anxiety & avoidance, worry and sleep difficulties, to help them to understand and manage thoughts, feelings, and their behaviours using CBT techniques. These are offered in local health centres or digitally over the summer holidays.

2 How do we support parents/ carers?

Digital Parent Offer

OSI is our online support intervention for parents/ carers to support you with strategies to help your children to manage anxiety and fears from home. OSI-A is aimed at families of children with diagnosed or suspected autism, aged 5–12 with anxiety.

Referrals & Signposting

To be referred to the service, please contact the mental health lead in your school.

We will need consent from parent/ carer if under 16 years & we will access the NHS records. If different support is needed, we can help to connect you with the right services & communicate with other professionals involved in your child's care.