If your child is primary aged, we will usually ask to work with you as parent/ carer to help you to help your child.

We also support schools to provide advice and liaison or signposting to other services, if a young person and family is struggling.

'MHST is an amazing service! It has helped make a massive difference towards my approach to my daughters anxiety'

Parent

How can you get support from MHST?

We are based in our MHST partner schools. You, your parent, carer or teacher can ask for help from the MHST for you. If you are in secondary school you can ask for support by yourself. You can ask your school to find out more.

How to contact us

Carlisle:
ws.carlislemhst@barnardos.org.uk
Allerdale:
allerdalemhst@barnardos.org.uk
Furness:
furnessmhst@barnardos.org.uk
Morecambe:
morecambemhst@barnardos.org.uk

A service delivered by

Mental Health Support Team

Believe in children Barnardo's

North Cumbria Mental Health Support Teams Shaddongate Community Resource Centre Shaddongate, Carlisle Cumbria, CA2 5TY

South Cumbria Mental Health Support Teams
Furness: The Hub, Project John, Cavendish Street, Barrow in Furness, LA14 1SE

Morecambe: Morecambe Bay Academy, Dallam Avenue, Morecambe, LA4 5BG

226I5H21

Barnardo's Registered Charity Nos.216250 and SC037605

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Introduction to Mental Health Support Teams

Information for parents and carers

Mental Health Support Team

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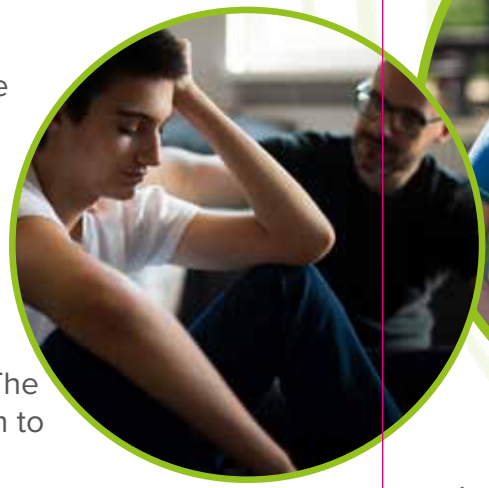
What we do

The Cumbria Mental Health Support Teams (MHST) are services working to support the mental wellbeing of children and young people in an education setting at the first sign of difficulty.

We may do this by providing individual or group interventions for children and young people; helping a school/college develop its approach and mental health provision or providing advice to staff, parents and carers, or liaising with external agencies.

Who we are

Our teams each have Education Mental Health Practitioners (EMHPs) Senior Practitioners and a leader. The EMHPs and the Senior Practitioners work with young people. The leader supports them to help young people.



Who do we help?

We support children and young people who are experiencing mild to moderate mental health difficulties. This includes low mood, anxiety and worry, panic and behaviour difficulties. We also work with children, young people, their parents/ carers and their school to help improve resilience, problem-solving skills and develop coping strategies to support mental health. Depending on team, we work with certain year groups in different education settings.

How do we help?

Our practitioners will look with you at the links between thoughts, feelings and behaviours (what we do). Sometimes we can get stuck in a cycle of unhelpful thoughts, feelings and behaviours which

is when we can start to struggle with our wellbeing. A MHST practitioner will work with you and/or your child to break some of these cycles. It will be important for you to practice these skills at home and your MHST practitioner will help you to plan tasks to do this in between sessions. You will receive treatment that is based on research and evidence - interventions we know work!

What can I expect?

We support parents, carers or young people individually or as part of a group. We will work with you or your child for between 4-12 sessions to help make some of these changes. This will depend on what is making life difficult for you and might be individually or as part of a group. Sessions are usually weekly and between 40 minutes to an hour.