

SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM



WHO ARE WE?

We are an NHS service created to improve access to mental health therapies for young people, while also helping schools to improve their understanding and support for mental health.

The aim of the MHST is to improve early intervention and prevention of mild to moderate mental health difficulties by delivering Cognitive Behavioural Therapy (CBT) to young people with mild-moderate mental health difficulties, and engaging with the schools to help them develop a Whole School Approach to mental health.



WHAT IS CBT?

CBT focusses on your thoughts and your behaviours, and how these impact on your emotional wellbeing. In CBT we aim to challenge negative thoughts and behaviours, as well as taking steps to prevent further difficulties. CBT is different from traditional talking therapies such as counselling, as it is solution-focussed, and requires the young person to learn and implement strategies to help overcome their difficulties. In the MHST, our CBT interventions are based in Guided Self-Help, which means that a therapist will work with the young person to understand their difficulties, and learn skills to manage them, but the young person needs to be willing to put these skills into practice outside of the sessions to achieve their goals.

WHAT IS A WHOLE SCHOOL APPROACH?

The Whole School Approach involves all parts of the school working together to improve understanding and support for mental health, and promote positive attitudes. By promoting education and positive attitudes about

mental health within the school, this creates a mentally healthy culture which maximises students' learning and wellbeing, and also positively impacts the wider school community (staff, friends and families). The

MHST work with schools to improve this by completing mental health audits of the school, delivering assemblies, student workshops and parent workshops, facilitating staff training, offering ongoing advice, and meeting with school staff regularly.



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HOW CAN WE HELP YOU?

We do not diagnose young people, but instead we look at the symptoms that they are experiencing and help them to overcome or manage them to improve their wellbeing. We are able to offer CBT to young people who are exhibiting mild to moderate symptoms of the following mental health difficulties, which cannot be otherwise explained by any situational or systemic factors:

- Low Mood
- Panic Attacks
- Generalised Anxiety and Worry
- Specific Phobias
- Separation Anxiety
- Obsessive Compulsive Disorder (OCD)
- Social Anxiety
- Behavioural difficulties in primary aged children

HOW CAN YOU GET SUPPORT FROM THE MHST?

If a child or young person is experiencing mental health difficulties that is causing ongoing disruption to their daily functioning, and they feel unable to manage these independently, then speak to their school's Mental Health Lead about completing a referral to the MHST. Please know that we can only accept referrals from participating schools, and for young people who meet the referral criteria. In the mean time, you can access information and advice from the services below.

FURTHER INFORMATION AND ADVICE

USEFUL APPS:



Catch it
(12+)



Chill Panda
(4+)



Mindshift
(12+)



Smiling Mind
(3+)

USEFUL BOOKS:

- Helping Your Child With Fears and Worries by Cathy Cresswell
- Mindful Kids Activity Books by Dr Sharie Coombes
- The Incredible Years by Carolyn Webster-Stratton
- The Little Blue Book of Sunshine (scan the QR codes for a free copy)
- Stuff That Sucks by Ben Sedley

USEFUL WEBSITES:

www.YoungMinds.co.uk
www.TheMix.org.uk
www.Kooth.com
www.stem4.org.uk



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