



# INTRODUCTION TO THE MHST



Published December 2017 – three main areas of focus:

1. A designated mental health lead in each school
2. Mental Health Support Teams (MHST's) working with schools to strengthen support for children and young people with mental health issues
3. A reduction in waiting times for CAMHS with the aim that everyone would start treatment within 28 days of referral

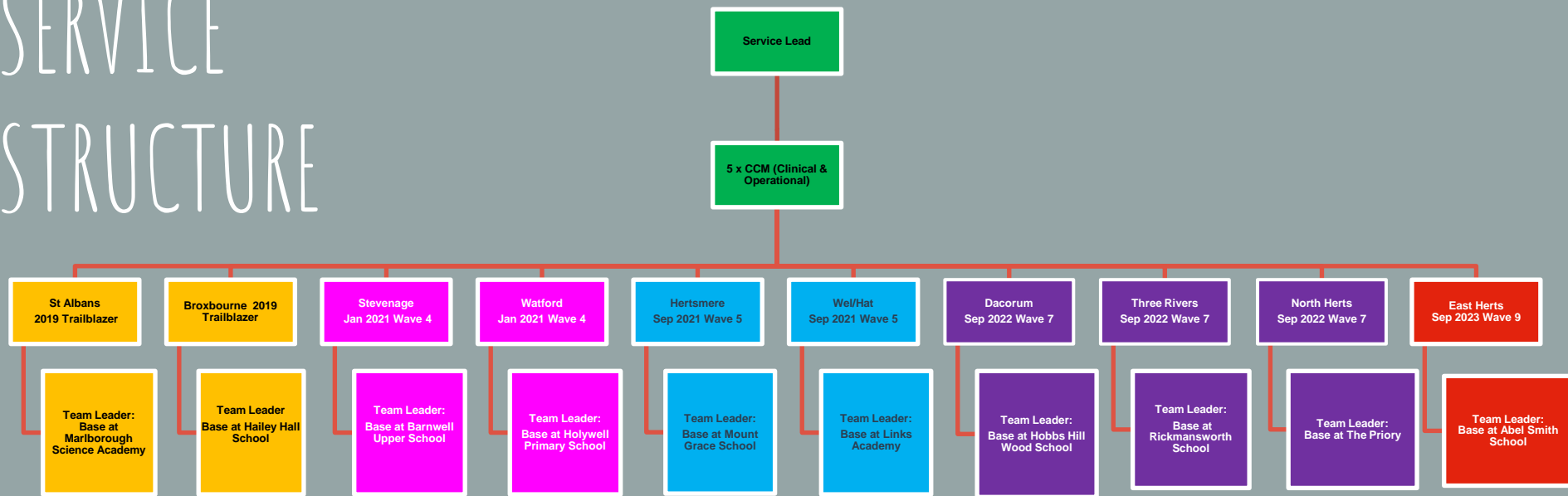
**MENTAL HEALTH  
SUPPORT TEAMS  
(MHSTS)**



MHSTs working in  
schools and colleges  
– early intervention  
and whole school  
approach across 20-  
25% of country by  
2023

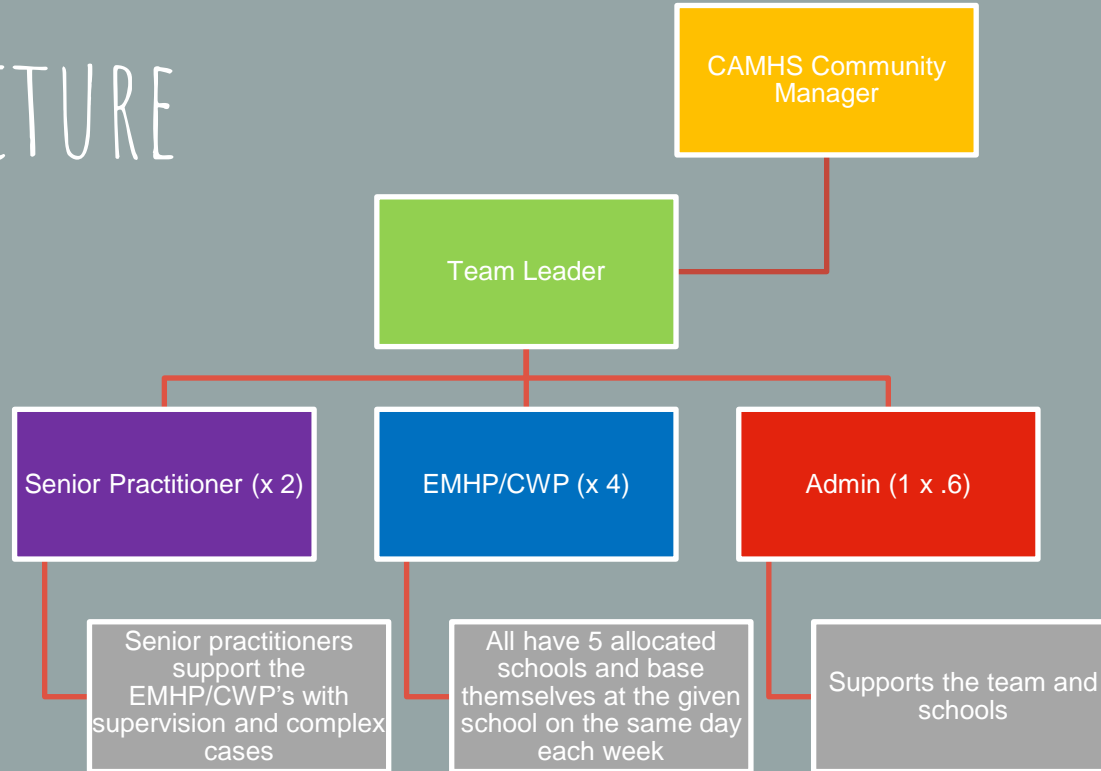


# SERVICE STRUCTURE





# TEAM STRUCTURE





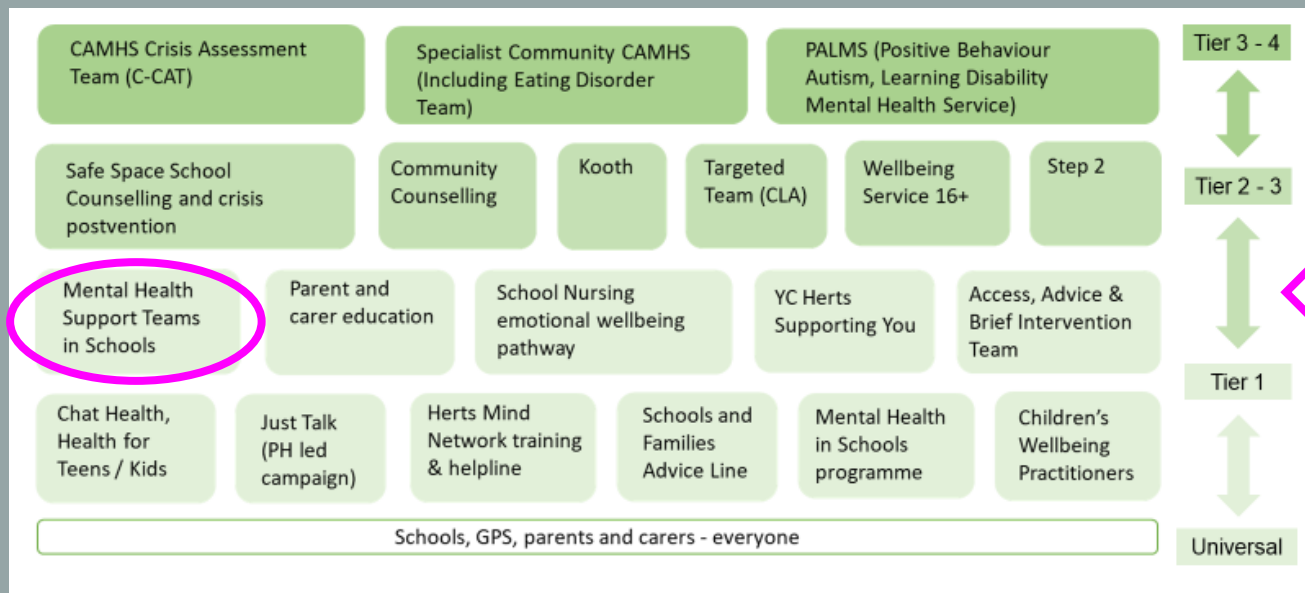
# SCHOOLS SUPPORTED BY MENTAL HEALTH SUPPORT TEAMS

All schools in Hertfordshire in all teams can be found on the below website:

<https://www.healthyyoungmindsinherts.org.uk/news/2023/oct/schools-mental-health-support-teams-mhst>



# LEVELS OF MENTAL HEALTH SUPPORT



MHST sits as tier 1.5



# WHAT DOES AN MHST DO?



## Function 1:

Delivering evidence based interventions for **mild to moderate mental health issues**



## Function 2:

Supporting the senior mental health lead and other school staff to introduce and develop a **Whole School Approach** to support wellbeing



## Function 3:

Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support



# WHOLE SCHOOL APPROACH

