



Humber Teaching  
NHS Foundation Trust

**MENTAL HEALTH  
SUPPORT TEAM**



# Who are we?

The Mental Health Support Teams (MHSTs) are part of the local early intervention and prevention offer for mental health and emotional wellbeing in schools and the community in Hull and East Riding. The MHSTs were developed in response to 'Transforming Children and Young People's Mental Health Care Provision: Green Paper' (Department for Education & Department of Health, 2017).

MHSTs aim to increase workforce capacity within children and young people's mental health service, delivering evidenced-based practice that compliments already established emotional and mental health support services. The MHST supports children, young people and those who care for them, with their mental health and emotional wellbeing.

We are working across schools in Hull and East Riding to provide early intervention for mild-moderate mental health experiences along with preventative work to promote positive emotional wellbeing. We are integrated within schools and colleges, working directly with students, parent/carers, teaching staff and the community.

## MHST three functions

**1** Trauma-informed whole school approaches, staff training & wellbeing support, collaboration with DFE Mental Leads in schools.

**2** Advice, guidance, signposting (getting the young person to the right place, for the right help, at the right time) formal and informal consultation, and support.

**3** Evidence based interventions for mild to moderate emotional wellbeing and mental health needs for CYPs and families.

The service aims to complement, and not replace existing provisions available locally within education and healthcare systems.

## Referral process

If you have concerns about a student's mental health or wellbeing and believe they would benefit from support, referrals to the MHST can be made in the following ways:

### **Within the School Setting:**

All referrals should be made directly to the **Education Mental Health Practitioner (EMHP)** or **Senior Mental Health Practitioner** based in your school. They will assess the need and determine the appropriate level of support.

### **Direct to the MHST Coordination Team:**

If preferred, referrals can also be made by contacting the **MHST Coordination Team** directly on **01482 205205**. Please ensure referrals include clear, high-quality information about the young person's needs to help us determine the appropriate treatment approach and provide timely, effective support.

If you have any questions about the process or are unsure whether a referral is appropriate, please do not hesitate to contact your school-based EMHP or Senior Practitioner for guidance.

Please note, we are not a CAMHS crisis service therefore if a young person needs urgent support please contact 01482 259400.

# Who we support and when

The MHSTs offer low intensity evidence-based interventions for children and young people who have mild to moderate emotional wellbeing and mental health needs.

## **Mental health difficulties can be considered 'mild to moderate' when:**

- The difficulty or need has recently developed.
- The presenting needs are beginning to have an impact on child and family life and functioning.
- The presenting need is beginning to cause some distress/difficulty for the individual, family or in the wider system.

## **Reasons for cases to be escalated to more specialist services (when presenting needs are 'moderate to severe') may include:**

- Problems are having a significant impact upon daily functioning and in multiple areas of functioning.
- Presenting need has been ongoing for a prolonged period.
- Attempts have already been made to help and support at an early intervention level however these have not brought about long-term change.
- There are significant issues relating to risk and safety.
- Other factors suggesting complexity that a low-intensity intervention is unlikely to bring about effective change.

## **Questions to consider to help assess level of need**

What is the 'problem' and who is this a problem for?

Who wants change, and what would change look like?

What is the impact of the problem in everyday life?

Has the young person recently experienced a significant event, incident, stressor, loss or change?

Is this an understandable response to something that is happening in the young person's life?

What previous support has the young person accessed, what was the outcome?

What sort of intervention would effect helpful change for this child/young person (is 1:1 most helpful, or is support for the family more appropriate?).

What is the priority need for the child/family at present? If there are multiple needs, what is the initial priority? What needs to happen first?

**Our MHST will usually work with**

Common, mild-moderate mental health difficulties that may respond to early intervention.

Low mood (e.g. sadness, lack of motivation, affected sleep pattern, changes to appetite, loss of enjoyment in activities or hobbies)

Generalised anxiety/worry (e.g. excessive worries, fears that are out of proportion to situation, reassurance seeking, avoidance, affected sleep pattern, physical symptoms such as nausea, sweating and heart beating fast, changes to appetite)

Panic attacks

Simple phobias (not including blood or needles)

Social anxiety - fearing negative judgement from peers and others, leading to avoidance and anxiety, safety behaviours

**Our MHST may work with**

Difficulties which may respond to early intervention but require consideration and discretion.

Difficulties regulating emotions including anger (where there are not significant associated risks)

Low self-esteem or low confidence

Intrusive thoughts, obsessions OR compulsions which have recently began and are not having a significant impact upon life

Mild health anxiety

Friendship and relationship difficulties

Self-harm (where this can be managed safely, is not causing significant risk of harm, is not frequent or escalating)

**Our MHST does not work with**

Significant levels of need/complex conditions which are not suitable for brief early intervention.

Pain management

Experiences which are a response to significant trauma

Significant mood fluctuations with associated risks

Psychosis

Complex interpersonal difficulties with associated risks

Depression or anxiety which has become prolonged, has not responded to other interventions or is causing significant impact upon functioning

Established health anxiety

Active, enduring, and significant self-harm or suicidal ideation

# Hull Menu of Offers 25/26

## 1. Whole School Support

Offer	Description	Target Group	Delivery Format
Assemblies	Health and wellbeing promotion	All pupils	Assembly presentation
Group Workshops	E.g., stressful life events, transitions, self-esteem, vulnerable groups, exam stress etc.	Whole school or year groups	Identified through prep and plan meetings
School and community engagement	Parents' evenings, coffee mornings, community events	Everyone welcome	In school and within community

## 2. Pupil Interventions

Offer	Description	Target Group	Delivery Format
CBT based 1:1 sessions	Low-intensity CBT for mild-moderate anxiety, low mood, etc.	Year groups 6-11	Weekly, 6-8 sessions
Universal drop-in	Informal wellbeing support, e.g. creative support, psychoeducation etc.	All pupils	Identified through prep and plan meetings
Targeted/referral group offer	Small group interventions for mild-moderate anxiety	All pupils	Identified through prep and plan meetings/consultation and discussion meeting

## 3. Parent/Carer Support

Offer	Description	Target Group	Delivery Format
Parent-led CBT	6-week course to understand the young person's anxious presentation and implement strategies to manage this	Referred families	Face-to-face and virtually (MS Teams)
Parent Workshops	Topics: anxiety, behaviour as a form of communication, routine and rhythms	1-2 sessions	Locality-based and virtually (MS Teams)

## 4. Staff Support and Training

Offer	Description	Target Group	Delivery Format
Staff professional development	Training on anxiety, low mood, behaviour as a form of communication, trauma-informed training etc.	All school staff	Identified through prep and plan meetings
Staff Consultations	Case discussions with MHST practitioners	All school staff	By appointment/ad hoc discussions
Peer group mentoring	Help teachers learn how to guide students in supporting each other through peer mentoring groups.	All school staff	Identified through prep and plan meetings

## 5. Digital

Offer	Description	Target Group	Delivery Format
Mental Health and Emotional Wellbeing videos	Learning around common themes e.g. exam stress, managing strong emotions, etc.	All pupils	YouTube videos
Parent/carers webinars	Parent workshops delivered virtually	Parent/carers	MS Teams
Staff webinars	Staff workshops delivered virtually	All school staff	MS Teams

## 6. Systemic Support

Offer	Description	Target Group	Delivery Format
Mental Health Audit	Support schools to reflect on and improve their whole-school approach to mental health	All school staff	Identified through prep and plan meetings
Policy Development	Support embedding mental health into school policy	All school staff	Identified through prep and plan meetings

# MHST Prep and Plan:

## A Proactive Approach to Supporting School Wellbeing

As part of our ongoing commitment to promoting positive mental health and emotional wellbeing across our school community, we are pleased to introduce the Prep and Plan initiative, delivered by the Mental Health Support Team (MHST).

Each Educational Mental Health Practitioner (EMHP) working in our schools will meet with the school's Mental Health Lead and other key staff for one comprehensive meeting, followed by regular check-ins throughout the academic year. These Prep and Plan meetings are a crucial opportunity to collaboratively reflect on the emotional wellbeing needs of pupils and staff and to plan tailored MHST support for the year ahead.

### What Will Prep and Plan Cover?

- **Pupil Wellbeing:** Identifying priority emotional wellbeing needs for the upcoming academic year.
- **Staff Wellbeing:** Considering ways to support staff mental health and emotional resilience.
- **Staff Development:** Highlighting any training needs related to mental health and emotional wellbeing.
- **Wider Support Offers:** Exploring the contributions of our early intervention partners and how they complement MHST support in school and the wider community.

### What's the Aim?

The Prep and Plan process helps your school co-design a bespoke package of MHST support that reflects your specific needs and priorities.

From this, we will:

- Identify what interventions and activities the EMHP will deliver in your school.
- Schedule support in advance, ensuring a structured, responsive, and proactive approach.

The EMHP will check-in each term to review the Prep and Plan offer and accommodate any changes required reflecting school needs.

### Examples of Support Available:

Your school's plan may include a combination of the following, tailored to your context:

- 1:1 interventions (available via daily referrals within school).
- Staff training sessions.
- Emotional support and reflection groups for staff
- Themed pupil groups (e.g., managing friendships, emotional regulation, transitions).
- Drop-ins and psychoeducation groups.
- Whole-school mental health awareness events.
- Collaboration with external wellbeing partners.
- Support staff to implement mental health related policies within school setting.

All support will be needs-led, with flexibility to develop new, bespoke interventions based on the priorities identified by your school.

By working together through the Prep and Plan process, we aim to embed a proactive, whole-school approach that strengthens resilience across your entire school community—staff and pupils alike.

If you have any questions or would like to begin preparing for your school's Prep and Plan meeting, please contact your designated EMHP.

# Introducing the Buddy Peer Support Initiative

We're excited to introduce the Buddy Peer Support Initiative - a programme designed to support schools in developing a peer-led system that promotes emotional wellbeing and resilience among pupils.

The aim is to empower students to become Wellbeing Buddies or Emotional Wellbeing Ambassadors within their school. These pupils will play a key role in creating a supportive environment, particularly for those who may be struggling with their emotional wellbeing or are new to the school community.

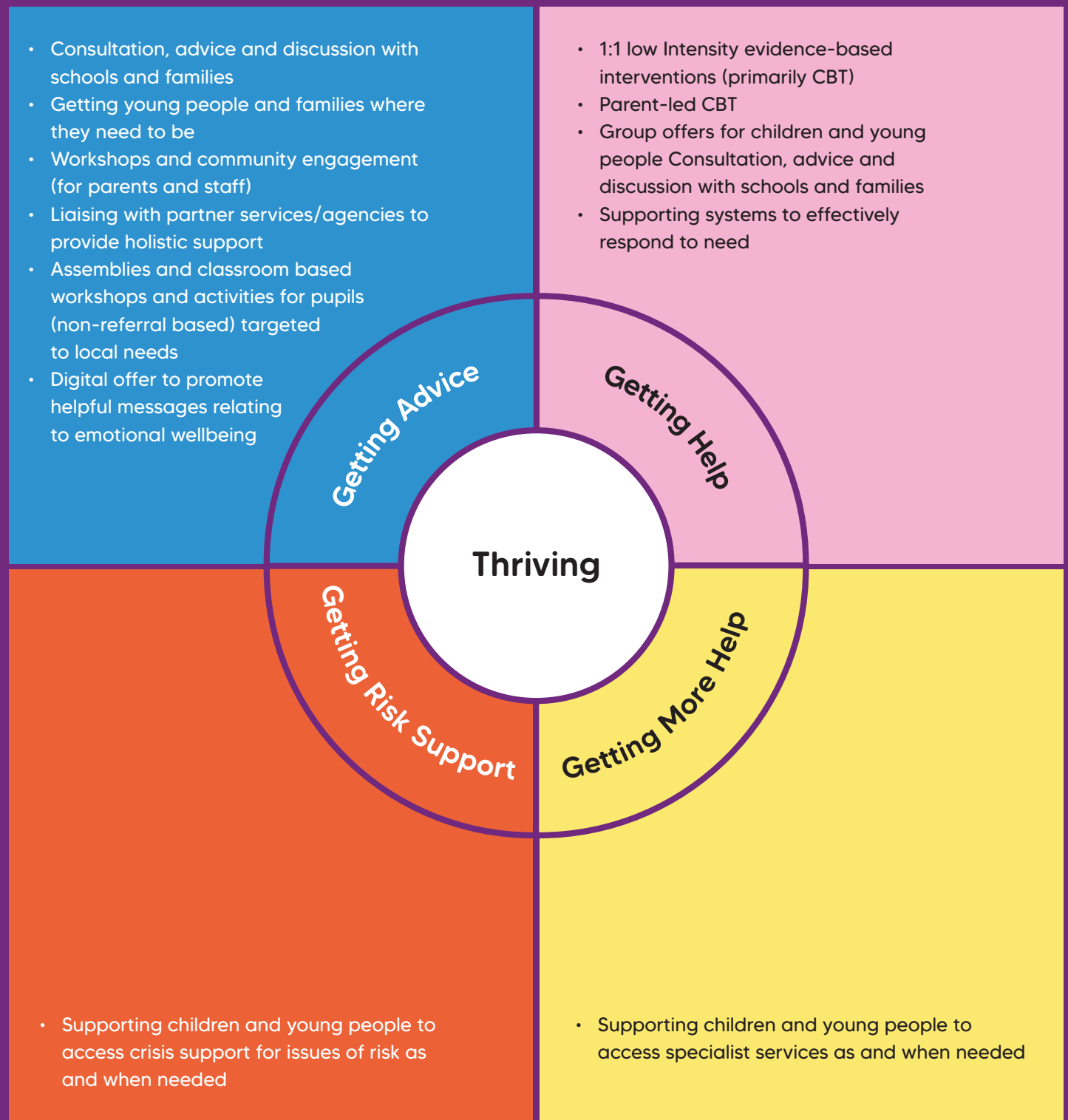
The focus is on building a culture of resilience, empathy, and connection among students, ensuring that every young person feels supported and valued within their school environment.

If your school is interested in implementing the Buddy Peer Support initiative, we'd love to hear from you!

## Buddies will be available to:

- Provide peer support during potentially challenging times such as lunch or break times.
- Help peers access trusted adults in school when needed.
- Signpost or accompany peers to Mental Health Support Team (MHST) drop-ins or similar services.

# Mental Health Support Team within the Thrive Model



# Whole School Training Offer – Trauma-Informed Practice in Education

Three module structure delivered by the MHST:

## **Module 1:**

An Introduction to  
Trauma-Informed Practice  
(online, open to all schools) –  
delivered termly

## **Module 2:**

The Role of Self-care and Staff  
Wellbeing within  
Trauma-Informed Practice  
(in-person, MHST schools only)

## **Module 3:**

Implementing and Embedding  
Trauma-Informed Practice in  
Education Settings (in-person,  
MHST schools only)

Plus, bespoke support with  
implementation upon completion  
of modules 1-3.

If you are interested in this offer,  
please contact the MHST direct.

# CYP Useful Resources



## Children's NHS Services

[www.connect.humber.nhs.uk/mymhst](http://www.connect.humber.nhs.uk/mymhst)  
CAMHS Crisis Line 01482 259400



## Hull & East Yorkshire Mind

Local mental health charity  
[www.heywind.org.uk](http://www.heywind.org.uk)  
phone 01482 240133  
text 07520 633447



## childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

## Childline

If you're under 19 you can confidentially call, chat online or email about any problem big or small. [www.childline.org.uk/get-support](http://www.childline.org.uk/get-support)  
phone 0800 111  
or chat online



## shout

85258

## Shout

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.  
[www.giveusashout.org](http://www.giveusashout.org)  
text 'shout' to 85258



## Papyrus

Offers confidential advice and support if you're struggling with suicidal thoughts, and information about how to make a safety plan.  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
Phone 0800 068 41 41



## kooth

## Kooth

A judgement-free forum to get advice, help others and share your story  
[www.kooth.com](http://www.kooth.com)



## THE MIX

## The Mix

The Mix is the UK's leading support service for young people.  
[www.themix.org.uk](http://www.themix.org.uk)

# CYP Mental health and wellbeing apps



## Headspace

Everything your mind needs Feel like your best self with meditations, stress-relieving exercises, sleep resources, and beyond.



## Calm

Calm your mind. Change your life. The #1 app for sleep, meditation and relaxation.



## Clear Fear

Clear Fear is an app funded by teenage mental health charity stem4 to help manage the symptoms of anxiety.



## Move Mood

Move Mood is an app funded by teenage mental health charity stem4 to help manage the symptoms of low mood.



## Worth Warrior

Worth Warrior is an app funded by teenage mental health charity stem4 to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders.



## Calm Harm

Calm Harm is an app funded by teenage mental health charity stem4 which some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors.



## Combined Minds

Combined Minds is an app developed for teenage mental health charity stem4 to help families and friends support young people with their mental health.



## Moshi

The Moshi app is a healthy form of entertainment, full of games that support active play and stories that inspire fun, exploration, relaxation or sleep.



## Blue Ice

Blue Ice is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.

# MENTAL HEALTH SUPPORT TEAM



## Contact us



01482 205205



hnf-tr.hullmhst@nhs.net



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