

**Mental Health Support Team
Waltham Forest CAMHS**
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Waltham Forest CAMHS Mental Health Support Team

Who are we?

The Mental Health Support Team (MHST) is an early intervention service, working with mild to moderate mental health difficulties and challenging behaviours. This is part of a national programme to offer early interventions in school settings.

What support does the MHST offer?

The MHST helps to support mental health in schools in several ways. In Primary schools, we offer:

- **Child Anxiety (for ages 5-11)**

This is a parent/carer led 1:1 intervention carried out over approximately 8 sessions, aimed at enabling parents to understand their child's worries and to carry out step-by-step strategies to help your child overcome them, using case studies, worksheets and charts. It is based on Cognitive Behavioural Therapy and research shows this is the most effective intervention for this type of difficulty. The advantage of this approach is that the parent is the expert in their child and is able to support the work in the long-term.

- **Behaviour: (for ages 5-8)**

The brief guided self-help parenting 1:1 intervention is divided into two broad areas that are covered over seven (or more) sessions. These have been divided into parenting approaches that aim:

- To promote positive relationships, attachment and pro-social behaviour
- To provide appropriate routines, boundaries and limit setting

There is, of course, the likelihood that a child/family will experience difficulties with both anxiety and behaviour, in which case, a combination of both interventions may be appropriate.

We also offer:

- Workshops with parents/carers and/or children (approx. 1hr)

Chair: Joe Fielder
Chief executive: Professor Oliver Shanley OBE



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- Group based work with parents/carers and/ or children (minimum of 4 sessions)
- A 'whole school approach' to understanding and improving mental health, which may include supporting the school's mental health lead, supporting with the wellbeing curriculum, identifying mental health resources, creating posters and displays

Key aims:

- Access to mental health support for children and young people based in schools.
- Low-intensity interventions to address challenges. e.g. guided self help
- To compliment existing support services currently in school.

How to access us?

You can talk to your child's teacher or any other staff member who will then contact the Mental Health Support Team for a referral for 1:1 support.

If your child has been referred to us we will contact you to discuss the difficulties your child is experiencing and look at what they would like to change.

The referral will be considered by the team. If the MHST is not the most suitable team to support your needs, we will work with you and the school to signpost to the most appropriate resources.

Information regarding parent groups and workshops will be shared with you via your child's school.

If you have any questions, you can talk to us and we will be happy to help you.

Confidentiality

Whatever we discuss in our sessions will not be shared unless there is a risk of harm:

- To self
- To others
- From others

We can discuss this further in the sessions with you and you will have a chance to ask us any questions.

Meet the team in your school:

