



# MENTAL HEALTH SUPPORT TEAM (MHST)



## What we do

Brighter Futures for Children is delighted to be expanding the innovative trailblazer project in Reading offering additional mental health services to children and young people.

Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels, with the aim of developing and supporting a whole school approach to mental health.

### Our team consists of:

- Senior educational psychologists
- Primary mental health workers
- A specialist child and adolescent mental health services (CAMHS) practitioner
- Wellbeing outreach workers
- Educational mental health practitioners (EMHPs)
- Administrators
- Triage coordinator



## Where we work

Our service is available to children and young people in Reading who attend or are on roll at one of the following schools, and have emerging or mild to moderate emotional and mental health needs.

- Alfred Sutton
- Battle
- Blessed Hugh Faringdon
- Cranbury College
- Christ the King
- Churchend
- Coley
- English Martyrs
- Geoffrey Field Infants
- Geoffrey Field Junior
- Green Park Village
- Hamilton
- Holy Brook
- John Madejski Academy
- Katesgrove
- Maiden Erlegh Reading



- Manor
- Meadow Park
- Moorlands
- New Christ Church
- Oxford Road
- Palmer Academy
- Park Lane
- Prospect
- Ranikhet
- Reading College, up to 18 years (whole setting approach only)
- Reading Girls'
- Redlands
- Ridgeway
- St Mary and All Saints
- St Michaels
- Southcote
- The Wren
- UTC
- Whitley Park
- Wilson

## What we offer

We deliver a range of evidence-based interventions focused on mild to moderate anxiety, low mood and behaviour management.

### **This may include interventions such as:**

- Parent workshops e.g. Understanding Emotions, exam stress etc
- Helping Your Child with Fears and Worries programme: a guided self-help intervention for parents of anxious children aged 12 and under
- Webster Stratton Incredible Years: a guided self-help parenting intervention for parents of primary aged pupils
- Story Links to build positive relationships between parent and child
- Worry management for children experiencing anxiety (year 6 and above)

- Graded exposure (facing feared situations step by step) for children with phobias and other anxiety difficulties (year 6 and above)
- Support for young people to explore and develop coping strategies to improving low mood (Year 6 and above)
- Group work to support mental health including: FRIENDS for Life; Therapeutic story writing; Mental Health Ambassadors

### **We also offer support to school staff by:**

- Delivering training on various mental health topics
- Working with staff to support students individually

- Supporting staff wellbeing
- Offering individual or group consultations for staff to talk through concerns or difficulties regarding students or class groups

## How can you access the service?

### Young people *under 16 years old and on roll of a project school*

- Parent/guardians can use the online referral form here: [brighterfuturesforchildren.org/MHST](https://brighterfuturesforchildren.org/MHST)
- Parent/guardians can speak to the Special Educational Needs Co-ordinator (SENCO) or Senior Mental Health Lead (SMHL) at school for help completing the online referral form.
- Young people can also speak to a member of school staff, School Nurse, their GP or any other professional who could support them with completing the online referral; parental consent will be needed.

### Young people who are *13 years or over and on roll of a project school*

- Can self-refer using the [online self-referral form](https://brighterfuturesforchildren.org/MHST). Or, as above, the referral can be completed by parents, school staff or other professional with consent from the young person, using the main referral form on this page: [brighterfuturesforchildren.org/MHST](https://brighterfuturesforchildren.org/MHST)



## When can you contact us

Telephone: **0118 937 6548**

Email: **MHST@brighterfuturesforchildren.org**

Our service is open Monday to Friday, 9am to 5pm.

If there are urgent and significant mental health or risk concerns, but no medical treatment is required, support is available via **NHS111**. The service is available 24 hours a day, 7 days a week for people who need help fast, but it is not an emergency. If necessary, NHS111 will refer to the locality CAMHS team for further support.

If a person requires urgent life-threatening emergency medical attention, they should go to A&E (e.g. if they have recently taken an overdose, ingested harmful liquids, cut themselves significantly with deep cut/s and/or bleed profusely, burns that are blistering/red or have lost consciousness).

## What happens after you make a referral?

When referrals are received they go through a triage process to explore how your needs can be best met. We may contact you for more information.

If the referral is accepted, an MHST practitioner will be in contact to let you know. Depending on demand for our service, there may be a waiting list.

Once an MHST practitioner has been allocated, they will arrange a visit and an initial assessment to explore with you what interventions we may be able to offer.

If we are unable to offer you a service, we would discuss other options with you and look to signpost you to other services that may be able to meet your needs.

## Further information



The Samaritans offer advice on how to help someone you're worried about open up about their feelings. [www.samaritans.org/shush](http://www.samaritans.org/shush)

### **For parents of children at primary school:**

This [Anna Freud leaflet](#) provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

### **For parents of young people at secondary school:**

The teenage years are both exciting and challenging to parent and carers. It can be hard to know whether your child's feelings and behaviour are normal or becoming a problem. The leaflet linked below provides simple advice and guidance to parents and carers about how to make conversations about their teenager's feelings part of everyday conversation.

[Anna Freud leaflet for secondary school pupils](#)



**Berkshire Healthcare**  
NHS Foundation Trust



[www.brighterfuturesforchildren.org](http://www.brighterfuturesforchildren.org)

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