



The NHS' Mental Health Support Team (MHST) in Schools was designed by the Government's Departments of Health and Education in The Green Paper (2017) document to improve access to mental health support for young people and families. To do this, the MHST work very closely with schools to build strong relationships to offer early intervention. We both support the development of a whole school approach to mental health in school, as well as provide therapeutic support directly to young people and families.

MHST and Torquay Boys' Grammar School have been working together collaboratively since 2019 to enhance the mental health provision in school and so far, we have trained student Mental Health Ambassadors, offered staff training on supporting mental health, sent out surveys to the whole school community and are currently developing a mental health strategy to further support the whole school.

Additionally, MHST's Education Mental Health Practitioner's (EMHPs) provide evidence-based therapeutic interventions for young people who experience mild to moderate symptoms of common mental health concerns, such as low mood, worries and/or behavioural difficulties. We offer interventions based on Low Intensity Cognitive Behavioural Therapy (LICBT) which explores the link between our thoughts, emotions, behaviours and physical symptoms. The interventions are delivered through 6-8 sessions, as per the low intensity model of support, and can be offered as 1:1 or group appointments.

If you have any questions about MHST's support or would be interested in making a referral to our team then please feel comfortable speaking with your Tutor, Head of House or Ms Vaughan and they can give you more information.

Please also find below some helpful signposting on mental health information, strategies and support:

www.kooth.com : Website for young people to access free and confidential mental health support from a practitioner.

www.happymaps.co.uk : Lots of mental health resources and ideas for parents/ carers and young people.

<https://www.stayingsafe.net/> : support on staying safe when in crisis.

<https://www.youngminds.org.uk/> : information and advice for mental health concerns young people can experience.

<https://www.mind.org.uk/> : A mental health charity offering easy access to information and support for mental health

<https://www.samaritans.org/> : A registered charity who offer information as well as a free and confidential service for anyone under 19 where you can talk about anything.

<https://www.studentminds.org.uk/> : A charity designated to empowering students to look after their own mental health, support others and create change.

<https://www.thecalmzone.net/> : A free, confidential and anonymous helpline as well as a webchat service, offering help, advice and information to anyone who is struggling or in crisis.

<https://www.proud2be.org.uk/who-we-are/vision-mission-values/> To support LGBTQ+ (lesbian, gay, bisexual, trans and/or questioning+) people, in Devon and beyond, to lead empowered, fulfilled and authentic lives.

www.intercomtrust.org.uk Intercom Trust – Lesbian, Gay, Bisexual & Trans Helpline and Advocacy Service

<https://mermaidsuk.org.uk/young-people/> Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.

<https://www.themix.org.uk/> point of contact for any young person seeking help or information on any subject wherever and whenever they need it.