

Mental Health Support Team



Mental Health Support Team

**Working in local schools in Wiltshire
with children and young people
aged 5 - 18 years old.**

oxfordhealth.mhstwiltshire@nhs.net

What is a mental health support team?

We are a team who work in schools with young people and their families to support with mental health and wellbeing.



We also support schools with their 'whole school approach' to mental health and can work with children and young people experiencing mild to moderate mental health difficulties. Our team is part of Children and Adolescent Mental Health Service CAMHS .

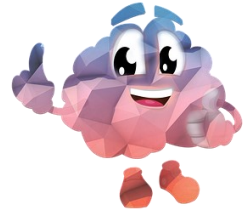
The Mental Health Support Team consists of educational mental health practitioners (EMHPs), support workers, supervisors and a team manager.



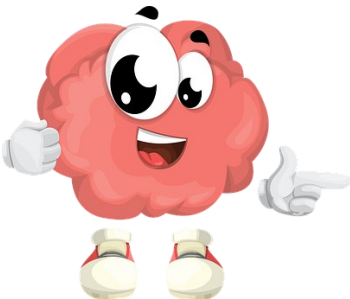
We work with schools to meet the needs of their students.

How we can help?

- 1:1 support working with children over 6-8 sessions
- Small group sessions
- Whole class education/ presentations
- Work closely with students, parents/ carers and teachers
- Staff workshops
- Whole school assemblies
- Social prescribing - introducing students to a new club or activity or supporting them to socialise outside of school.
- Providing advice and support to mental health leads



What we can help with?



- Behavioral difficulties
- Sleep
- Anxiety
- Bullying
- Low Mood
- Exam Stress
- Adapting to change
- Understanding emotions
- General wellbeing
- Self esteem

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
Mental Health Support Team - Wiltshire

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