



Mental Health  
Support Team

Bath and North East Somerset

---

# What we offer



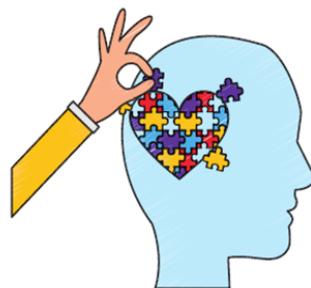
BaNES MHST

We are a team who work in schools with  
young people aged 5-18 years and their  
parents/carers to provide early help support  
with mental health and wellbeing.

## What do we offer?

### 1:1 LOW INTENSITY CBT

- Mental Health Assessments
- 6-8 week interventions with young people and their families



### ASSEMBLIES



- Worries
- Anger
- Self esteem

### STAFF TRAINING

- Introduction about our role
- What is low mood?
- What is Anxiety?
- Lifestyle Management
- Sleep Hygiene



### PSYCHOEDUCATIONAL GROUPS/ WORKSHOPS

- Anxiety
- Low Mood
- Lifestyle Management
- Exam stress
- Transition
- Self esteem

## How to make a referral...

In the first instance a referral should be discussed with the school's Designated Mental Health Lead (DMHL) or school nurse. Your DMHL will have regular contact with an Education Mental Health Practitioner (EMHP) and will submit referrals using our referral form. Please contact the DMHL to support you with completing and submitting referrals. Completed referrals are to be sent to: [banesreferrals@oxfordhealth.nhs.uk](mailto:banesreferrals@oxfordhealth.nhs.uk). The image below gives an indication of the work an EMHP can provide. If you are unsure whether the referral is appropriate, then the EMHP allocated to your school can support you with this via a consultation.

<b>EMHPs can work with:</b> Mild/moderate presentation	<b>EMHPs can not work with:</b> Significant levels of need /complex presentation
Low mood / mild depression <i>(with young person)</i>	PTSD, eating disorders, body dysmorphia, bipolar disorder, assessment for neurodevelopmental or learning needs
Generalised anxiety/worry, simple phobias, panic, social anxiety, mild OCD <i>(with young person or parent/carer)</i>	Severe symptoms with significant impact across multiple settings, or multiple co-existing difficulties
Support for behavioural difficulties in children under 10 <i>(with parent/carer)</i>	Severe, active, high-risk self-harm. Current suicidal plans, or recent suicide attempt
Lifestyle management, for example: sleep hygiene, managing stress, problem solving	Complex needs, including domestic abuse, significant instability in family, moderate additional learning needs in carer, risky substance use
Group work with young people or parent/carers, school staff training, school staff consultation, audit of whole school approach to mental health and wellbeing	Young person/parent has no motivation to change

## Whole school approach:

The MHST also offer whole school approach support; creating a **positive ethos and culture**, where everyone feels that they belong. This includes a school audit, workshops, assemblies and signposting/support information.

## Staff Consultation:

Consultation is a **safe space** for you to talk through any mental health or behavioural concerns regarding a young person attending your school. Conversations are kept **confidential** unless risk has been disclosed. This will be explained in further detail prior to consultation. **Sessions last between 20-40 minutes** and can be conducted virtually or in-person. Please note that this is a **reflective space** so whilst the Education Mental Health Practitioner (EMHP) may not give you direct answers, they will facilitate discussions that will help you find solutions to potential barriers.

### How to book?



To book a consultation session, please contact the **Designated Mental Health Lead**. They will pass on your request to the school's **EMHP**.

You will then receive an email from the EMHP directly to book a consultation session and be told next steps.

Become a member of our Foundation Trust  
[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)

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

**Arabic** يُرجى الاتصال بنا إذا كنت ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيير مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে 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.

BaNES MHST

Phone: 01865 903 957  
Email: [banesreferrals@oxfordhealth.nhs.uk](mailto:banesreferrals@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk/camhs/](http://www.oxfordhealth.nhs.uk/camhs/)  
Address: Temple Court | Keynsham | Bristol BS31 1HA