



## Who are we?

**Mental Health Support Teams (MHSTs)** support children and young people in selected schools and colleges across Norfolk and Waveney. We operate 9am-5pm Monday-Friday and are open during school holidays.

## What do we do?

We offer short term (6-10 sessions) interventions based on cognitive behavioural therapy, catered to the current difficulties your child is experiencing. We may also put you in touch with other services for further support.

## What do we offer for primary schools?

**Anxiety:** Support for parents/carers using the 'Helping Your Child with Fears and Worries' programme. This is delivered by working directly with parents/carers to give you tools and techniques to support your child in dealing with their anxiety.

**Behaviour Management:** We offer 6-8 one to one behavioural support work with parents/carers focusing on boundary setting, positive attention, praise and improving communication for primary school aged children.

Our service can also signpost and refer to alternative services for further support.

## How do I get help?

All of our referrals must come directly from the mental health lead in your child's school or college. If you are concerned about your child, please contact school staff and request a referral to be made.

For more information about supporting your child's mental wellbeing, please visit:

**Supporting Smiles**

<https://www.ormiston.org/>

**Just One Norfolk**

<https://www.justonenorfolk.nhs.uk/emotional-health/norfolk-waveney-mental-health-advice-support-for-0-25-s/>

**NSFT**

<https://www.nsft.nhs.uk/parent-workshops/>