



Mental Health Support Teams in Schools

We are a new NHS mental health service for all students at Isca Academy.

We provide:

Wellbeing conversations

Self-help information

Direct talk support

Mental Health Ambassador Training

Hello, our names are Katie and Sarah and we are both Educational Mental Health Practitioners (EMHP). We provide early interventions to young people who might be experiencing mental health and emotional wellbeing difficulties. We are based in your school and can offer you Low Intensity Cognitive Behaviour Therapy (LI-CBT) sessions.



Wellbeing conversations - This is a moment to remind us all that it is very normal for us all to experience our mental health being out of balance at different times. Our friends, family and others in our world, hold an important role in any recovery, sometimes this is enough and sometimes we need that little bit more. We are here to provide you with some time if you are noticing in yourself any of the following:

Experiencing ongoing changes in your mood.

Experiencing increased feelings of panic; anxiety or low mood.

Feeling more irritable, tearful or worried.

Maybe you are noticing the things you used to enjoy are no longer bringing you enjoyment.

The Mental Health Support Team are here to offer you an opportunity to explore possibilities.

Our initial wellbeing conversation is a confidential space -

No assessment. No judgement. No pass or fail.



MENTAL
HEALTH
SUPPORT

TEAM

Mental Health Ambassador Training

We are looking for students to join our Mental Health Ambassador Training. The aim of these roles in the school is for students to directly influence how your school can become a mentally healthier place to learn, socialise and grow.

Mental Health Ambassadors have a number of ways they could help the schools Mental Health Strategy develop:

- Building on forums that capture every Students voice
- Mental Health promotion
- Mental Health support team service development
- Interview panel members for Mental Health Support Team interviews
- Co Develop and co deliver Mental Health awareness workshops for parents, carers and staff
- Co Develop and co deliver Mentally Healthier living workshops for parents, carers and staff

The MHA training is a series of training sessions that explores how our thoughts, our environment and life experiences can improve our outlook on life and our peace with the world.

We really would love you to join us! We *need* you to join us!

If you are interested in hearing more please look out for our events coming to you soon!

We wish you well finding your balance, either with us or your friends, your family or other services. We are all right here for you





How to access us

If you would like to talk to us, please send us your completed self-referral form. We will contact you within a week to plan the next steps with you. If you prefer your parent or carer to complete the form this is good with us too.

You may want an adult in your school to help you access us. You are welcome to follow whatever option works for you. If you need us, we are here.

Tel: 01392 386825

Email: cfhd.mhstadmin@nhs.net

 	
Request for a Wellbeing Chat from Student - Mental Health Support Team (MHST) in schools	
Name:	Date of Birth:
Address:	School:
	Name of supporting adult in school:
GP:	Are your parents/carers aware of this request? Yes No
	Would you like them to attend the Wellbeing Chat with you? Yes No
Please describe the reason you are seeking help.	
What do you hope this Wellbeing Chat will bring you?	
What strengths do you draw upon that currently helps you with this situation?	

Is there anything else that you want to share with us at this point?	
Your Signature:	
Date:	
Your preferred contact phone number or email	

For assistance completing this form or to discuss this request with a member of our team, please contact:

David Plummer - Clinical Team Manager
Mental Health Support Team for Schools,
07866159324

Once completed please send this form and accompanying documentation to our Single Point of Access, preferably by email.

cfhd.devonspa@nhs.net
Children and Family Health Devon
Single Point of Access Team
1a Capital Court
Bittern Road
Sowton Industrial Estate
EXETER
EX2 7FW

Note that emails from the list below are secure. If you do not have a secure email route please call us on 03300 245 321 to request access to a secure email route.

.cjsm.net (Criminal and Justice)	.gcsx.gov.uk (Local Government/Social Services)
.gpe.gov.uk (Central Government)	.gpi.gov.uk (Central Government including Department of Health)
.gpx.gov.uk (Central Government)	.hscic.gov.uk (The Health and Social Care Information Centre)
.mod.uk (Military)	.nhs.net (NHSmail)
.pni.police.uk (Police)	.scn.gov.uk (Criminal and Justice)