

Southampton Mental Health in Schools Team (MHST)



*Ensuring you get the right support
at the right time*



What is the Southampton MHST?

We are the Mental Health in Schools Team, part of the NHS. We are a team of Education Mental Health Practitioners and CBT Therapists who support children and young people's mental health and wellbeing.



How we do this...

- Evidence-based treatments using Cognitive Behavioural Therapy (CBT)
- Consultation with school staff to provide advice and guidance
- Supporting whole school approach to mental health and wellbeing

What difficulties can we work with?

General Anxiety

Excessive worry which is difficult to control.

Social Anxiety

Social anxiety is a persistent fear of one or more social situations.

Separation Anxiety

Excessive worries about separation from home or main attachment figure.

Phobias

An intense fear of something that poses little or no actual danger.

Panic

Panic attack (or anxiety attack) is a sudden and intense **feeling of fear and anxiety.**

OCD

Unpleasant and recurring intrusive thoughts **called obsessions, and repetitive and irrational behaviours known as compulsions.**

Low Mood

When feelings like being sad, down, low, grumpy or **irritable become intense, go on for too long or get in the way.**



Where to get support?

Support into the MHST will need to be discussed with your tutor or the student support team who will then process a referral.

Alternative support can also be found here ->



If you need to talk to somebody right now, these organisations can help:



NHS
111

ChildLine
0800 1111

Shout
8525

Samaritans
116 123



In emergencies, call 999