

We aim to offer

- Support in schools from trained mental health professionals and trainees who will deliver assessment and support for children and young people and their families.
- A service that works alongside the schools current mental health agenda.

We will do this through

- Each school having access to Educational Mental Health Practitioners (EMHPS) who deliver evidence based interventions.
- Each school having access to bespoke mental health support groups run by our team.
- Supporting staff within schools to support their own students mental health.
- Supporting parents in supporting their own child's mental health.
- Working with the schools senior mental health lead to identify, assess, support and signpost Children and Young People in school.

How to refer to us?

Referrals to us can come through the schools Senior Mental Health Lead, a professional or through self referral.

This can be done by contacting us via the contact details below or by completing a referral form from our website

(see bottom of page).

To see what your local MHST are up to follow us on:

@CompassGoMHST



Subscribe to us on
YouTube

[http://www.youtube.com/c/
CompassWellbeingWakeup](http://www.youtube.com/c/CompassWellbeingWakeup)



Contact

Call us on: 01472 494250

Email: NELINCSMHST@compass-uk.org

Secure Email:

Compass.go.mhst@nhs.net

Website: www.compass-uk.org/services/north-east-lincolnshire-mhsts



Helping you find your way to wellbeing
NEL Mental Health Support Teams

Mental Health Support Team

Information Guide



Primary Age

Usually parent led 1:1 therapy

Support can be delivered in groups

Psychoeducation

Secondary Age

Therapy delivered 1:1 or in a group setting

Psychoeducation

Behavioural Activation

Graded Exposure

Worry Management

Who are we ?

We are a Mental Health Support Team (MHST) made up of Education Mental Health Practitioners (EMHP's) and supervisors who work with children and young people with mild to moderate mental health difficulties within education settings across North East Lincolnshire.

What difficulties do we work with?

Anxiety

Worry

Low mood

Exam stress

Emotional support

Coping strategies

Specific phobias

Sleep Hygiene

Panic

Whole School Work

Consultations

Parent workshops

Staff briefings

Assemblies

Training

Bespoke packages

Workshops & Group work

Recognising & managing emotions

Exam Stress

Transitions

5 Steps to wellbeing

