

DORSET MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS

What is the Mental Support Team in Schools?

The MHST in schools supports young people within education, to get the help they need along their emotional wellbeing journey. We have different teams working across Dorset.

Who are the EMHPs?

Education Mental Health Practitioners (EMHPs) use a low-intensity cognitive behaviour therapy approach to support young people with their mental health. This means learning, and practising different ways of thinking and doing things that will help to improve your emotional wellbeing. EMHPs offer their support in different ways including:

- Working with young people or parents, by themselves or in groups
- Supporting staff in schools as part of the whole school approach to wellbeing
- Offering wellbeing workshops that cover a range of common wellbeing topics

How do I get to see an EMHP?

We would encourage both parents and young people to talk to school staff if there are any concerns around mental wellbeing. School staff will then be able to get in contact with the MHST.

What will I do with an EMHP?

We will meet at your school, or online, and have a chat about some of the difficulties you may be having. Then we can work together to learn skills that may help to make things feel a bit better. Sometimes, we may suggest someone else who would be better placed to support you.

Find out more information about the MHST...

Facebook - www.facebook.com/camhsdorsetonline

Twitter - www.twitter.com/Dorsetcamhs

Instagram - www.instagram.com/dorset_camhs

Our website with useful resources and information about the service across Dorset
www.camhsdorset.org

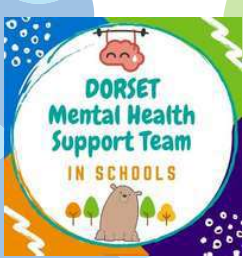


@DORSETMHST



**WE LOOK FORWARD TO
WORKING WITH YOU!**





OTHER USEFUL SERVICES

There are a number of different services that may be useful if you have increasing concerns around wellbeing:

- **Connections** - their new call-line is: 0800 652 0190
- **Papyrus** - Call: 0800 068 4141, Text: 07860 039 967, Email: pat@papyrus-uk.org
- **Childline** – Call 0800 1111 or they have a counsellor online at their website
- **Samaritans** – Call 116123 or email jo@samaritans.org
- Or call your GP or NHS helpline 111

In an emergency you can, of course, call 999 or visit A&E

There are also some useful websites and apps that can support understanding around common wellbeing needs:

Kooth - www.kooth.com

This offers resources to learn more about mental wellbeing and offers young people an online mental wellbeing community

Dorset Mind & Dorset Mind your Head - www.dorsetmind.uk

A Dorset-based charity which supports young people and families with mental health challenges and have some great self-care resources



Headspace App and **Calm** App

These are easy to use apps which look at using mindfulness to support wellbeing



Mindshift App

Using CBT tools, this app supports challenging negative thinking, developing more effective ways of thinking, and promotes mindfulness and self care

