

How can I get support for my child?

1 Referral - speak to a member of school staff and ask about the MHST

Complete a referral form with the staff member

2

3 The MHST will either get in touch with yourself and your child to complete an and/ or the school member of staff to discuss options for support.

Option 1: A member of the team will work with your child

Option 2: A member of our team will find a new service that is more appropriate

Contact:
mhst@bdct.nhs.uk
07525872287

(please allow 5 working days for a response from our Admin team, in an urgent circumstance, please contact First Response)



@BDCFT_MHST



BRADFORD AND CRAVEN
trailblazer **NHS**

Mental Health Support Team

Supporting Mental Health and Emotional Wellbeing for Young People



Introducing the MHST

The Mental Health Support Teams (MHST) are specialist Mental Health Professionals, and have been developed to work within schools to provide an additional source of support for young people, their families and school staff.

A large element of our work is to promote wellbeing within the school community. We work alongside schools to deliver themed group work, information workshops and assemblies.

Support for Parents

We host a monthly Parent Support Group online, on a variety of topics. Please email mhst@bdct.nhs.uk if you would like more information

We also have an informative facebook page, search for Bradford, Keighley and Craven Parent Support Group

Individual or group support for emotional, mental health and behavioural difficulties.

Support for Young People

The MHST is made up of qualified and experienced practitioners that understand and can help with your child's emotional and mental health difficulties, using a range of individual and group interventions.

The MHST can help with mild to moderate;

Low Mood

Worries

Anxieties including;

General Anxiety

Social Anxiety

Separation Anxiety

Phobias

Panic and Managing Panic

Self Harm