

How can you access us?

Speak to a trusted member of staff in school



We'll speak with your school about how best to help you



If we can help, we'll arrange to have a meet and greet with you



You'll then start your 1-to-1 sessions with your Educational Mental Health Practitioner (EMHP)

Get in contact

mhstenquiries@otrbristol.org.uk

0117 403 8735

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected education settings across Bristol and South Glos, to find out where we work check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/



Mental Health Support Team

We are a new project that has been created to get mental health support to more children and young people.

The Mental Health Support Team (MHST) are trained to give 1-1 support in education settings on anxiety, low mood and other struggles with wellbeing.



Our logo is an otter because, like otters, we work as part of a team and use tools to help everyone we work with build resilience and look after their wellbeing. Some of our favourite tools are problem solving, self-care, challenging negative thoughts and managing worries.



Community Children's
Health Partnership

OTR

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

What is a Mental Health Support Team (MHST)?

An **MHST** is a trained team made up of a Clinical Lead, Team Managers, Supervisors and Educational Mental Health Practitioners (**EMHPs**) who work with schools to support young people who are struggling with their thoughts and feelings.



How can we help children and young people?

- We work with you on a **1-1 basis** to show you ways to take care of your mental health.
- In primary schools, we can work **1-1 with parents** giving them new ideas for supporting their child's mental health.
- We work to deliver a "**whole-school approach**", which means we support the entire school with their wellbeing by delivering group workshops, assemblies, creating resources and lots more!

What's going on for you?

I'm
feeling
low

I'm
struggling
with my
behaviour

I'm
anxious

I'm
Worried

I'm
nervous
about
exams

I'm having
trouble
with my
emotions

What would I do with my EMHP?

Each EMHP has lots of different tools that can help you. Below are some things you might do with your EMHP:

- The first session is about getting to know you and what you need support with.
- Then your EMHP will focus on helping you using a type of therapy called low-intensity Cognitive Behavioural Therapy (**CBT**)
- Each session you will learn new ways to deal with the emotions you are finding difficult, how to deal with worries, overcome anxiety, challenge negative thoughts or boost your mood.

