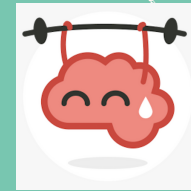
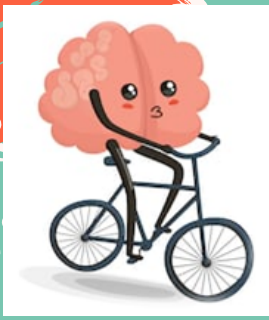


# MENTAL HEALTH SUPPORT TEAM (MHST) IN SCHOOLS

Where we help you along your wellbeing journey



## ABOUT US

The MHST in schools focus on supporting young people within education, to get the necessary help they need along their individual wellbeing journey.

The team will work with young people and/or their parents either individually or in a group, and will offer advice and support to staff as part of the whole school approach to mental fitness.

## HOW CAN I GET HELP FROM THE MHST?

You can get help from the Mental Health Support Team in your school by talking to the mental health lead in your education setting or talking to your parents who can then get in touch with your school.

## WHO ARE THE EMHP'S?

Education Mental Health Practitioners (or EMHP's for short) have a long job title! But all it means is that they have special training to help people in schools who may be struggling with their feelings and behaviour. They also help the school to use different strategies to support you too.

## WHAT WILL WE BE DOING TOGETHER?

We will meet at your school, or online, and have a chat about some of the difficulties you may be having. Then, if you want to, we can either work together to learn skills that may help to make things feel a bit better, or it might be that we can point you in the direction of someone else who may be better placed to support you.

## WHAT TOOLS WILL I LEARN TO USE?

The tools are based on Cognitive Behavioural Therapy, which means learning and practicing different ways of thinking and doing things to increase your emotional wellbeing. The tools are all evidence-based, which means researchers have tested them and found that they are helpful for lots of other young people who have similar struggles to you.

## THE TEAM

### Weymouth and Portland MHST

Clinical Lead: Sarah Stockham

Team Lead: Emmy Oakley

Supervisor Practitioners:  
Nicky Swaffield and Emma Hopkins

Educational Mental Health Practitioners: Elina Saarmaa, Kathy Pinsent, and Liana Ditchburn

"GETTING HELP ISN'T A SIGN OF WEAKNESS — IT'S A SIGN OF STRENGTH"

-Michelle Obama



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