



# Mental Health Support Teams Covid Restrictions and Beyond

Your local MHST can offer a wide range of support and play a critical role in supporting the whole school community, young people, their families and carers around the return to education following COVID.

### Mental Health Support Teams are:

- Open for business both term-time and school holidays
- Able to work safely and effectively both face-to-face (in variety of settings) & remotely



**It is anticipated that the most common difficulties arising as a result of Covid-19 and the associated safety measures will be low mood, anxiety, post-traumatic stress, and complex grief**

Identified potential needs:	MHST support package can include:
To promote lifestyle factors that support good mental health and emotional wellbeing (including sleep, diet & exercise).	Webinars, workshops, educational podcasts/films, one-to-one or group sessions. Supporting the whole school approach to wellbeing.
To identify symptoms of mental health difficulties in young people at an early stage.	Staff training webinars/workshops, consultation clinics, assessments and signposting/onward referral or ongoing support.
To provide early intervention on the above.	Providing evidence-based group or 1-1 interventions for mild-moderate depression or anxiety for children (face to face and remotely).
Support and advice to families on managing their child's mental health or emotional wellbeing.	Webinars, group workshops, information videos Signposting to existing online support and advice on managing CYP emotions and behavior Parent/child 1:1 advice Support and onward referral of parents experiencing their own mental health difficulties
Working alongside other wellbeing offers.	Signposting (e.g. Barnardo's See Hear Respond - rapid support for children and young people affected by the coronavirus crisis) Integrating referral pathways Interface between schools and specialist CAMHS