

# Support for Senior Mental Health Leads (MHLs) in Schools

Is your school supported by a Mental Health Support Team (MHST)?

*If your school is supported by a MHST, you will have a Senior MHST Clinician as your contact person.*

Yes

No

Whole School Approach (WSA)

## Mental Health Support Teams:

- Provide individual and group evidence-based early interventions with young people and families in relation to mild to moderate mental health needs.
- Work with settings to promote a 'Whole System Approach' to improve the mental health of the whole organisation, including the wellbeing of staff.
- Offer consultations with school staff and/or clients who may not be appropriate for a direct intervention. Link with other agencies and support referrals and signpost.

Contact: [ccs.mhst@nhs.net](mailto:ccs.mhst@nhs.net)

**Mental Health Forums** - Facilitated by the Emotional Health & Wellbeing Practitioners (EHWPs). Learning and reflective practice spaces for SMHLs. The forums run alongside local and national training programmes for Leads and are for sharing of learning, information and evidence-based practice. Free to attend, Leads will be contacted directly by the EHWP team with booking details.

**EHWPs** - Work with non-MHST schools. Offer a safe space to discuss concerns about a CYP's emotional wellbeing. The practitioner can help guide you as to what the next steps may be.

Contact: [ccs.ehw@nhs.net](mailto:ccs.ehw@nhs.net)

Training

**DfE Training for SMHLs** - DfE grant available ([apply for grant](#)) and approved training providers can be found [here](#), and locally [YMCA Trinity](#) is an approved provider.

Training for all staff can be found via: <https://www.keep-your-head.com/schools>

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Digital Offer

The **Keep Your Head Schools** website includes:

- Information on what is available to support schools through the local mental health offer
- Information on local training and development opportunities
- Signposting to key national resources for further support/e-learning
- Access to a local competency framework to assess mental health training needs of the school community.

[www.keep-your-head.com/schools](http://www.keep-your-head.com/schools)