

MHST Consent
Information for parents/carers



What is the Mental Health Support Team?

We are a school based mental health support team (MHST) who offer early intervention aimed at enhancing emotional wellbeing and preventing the development of mental health difficulties. As a team we work with the whole school, including supporting parents and carers, school staff as well as working directly with children.

Why has a referral been made?

Lots of referrals are made to the MHST as a parent/carer or school have identified that a child/young person may benefit from further support to enhance their emotional wellbeing.

As a service we offer a number of different interventions including:

- Individual and group support for children aimed at building resilience, managing anxiety or helping them with low mood.
- Individual support for you as a parent/carer, aimed at developing skills that make you feel confident helping your child with worries or challenging behaviour.

However, to understand the details of your child's referral it is best to speak with your school's mental health lead.

A referral has been made, what happens next?

Once we have received your referral, the team will decide if a further assessment is needed. This is an opportunity for our team to understand more about you and your child and for you to share your hopes and goals for possible support.

Some of our group work may not require an assessment. In this case, the group will be organised directly with school.

What am I consenting to?

When the MHST receives a referral, we record these initial details on our database. Your details will always be stored confidentially and will not be shared without your consent. At your assessment, we will ask you further questions and therefore will again provide an opportunity to give or withdraw your consent.

What happens if I change my mind?

As we are an opt in service, you can choose whether you want to receive the support offered. You can withdraw your consent at any point in the referral process.

If a referral is made, is it guaranteed that I (or my child) will be offered support?

No, we cannot guarantee that the support we offer will be suitable for all. Therefore, if the MHST cannot offer support that is suitable for you or your child, you will be signposted to other resources, organisations or charities.

If you have questions about the referral please speak to the mental health lead at your school.