

Welcome to MHST

Information for young people



Hello!



**Mental Health Support
Teams in Schools**

Contents Page

Any text in **blue font** is a link you can click.
If you prefer, the website address will also
be written underneath

Page	Description
3	Welcome
4	What is mental health?
5	Who is in a Mental Health Support Team in Schools?
6	How to use this booklet
7	My experiences
8	Stress Bucket
9	The Iceberg
10-11	What is mindfulness? / Mindfulness - Grounding
12	Self care
13	Fact vs Opinion
14	Thinking traps
15	Behavioural activation
16	Problem Solving
17-18	Who can help me in school / Information for carers
19-22	Additional support

Welcome to the Mental Health Support Teams in Schools

Dear Parents and Carers,

We are the Mental Health Support Teams in Schools or MHST for short. We work with children and young people aged between 5 and 18 across Leicester, Leicestershire and Rutland who are in education.

You've been sent this booklet to welcome your child to our service.

Our team has put this together for you and your child to use together. It can be useful now whilst you wait for your first appointment. It can also be useful at any time in the future if your child is struggling with their mental health.

All of the ideas in this booklet are techniques that your child can practise. The ideas are well researched and they are appropriate for children and teenagers.

At the end of the booklet, we've included links for trusted websites with more information. You will also find ideas for who can help in school and what to do in a mental health crisis.

We hope your family find this booklet useful.

Mental Health Support Team in Schools (MHST)



What is mental health?

Looking after our own mental health is a very important part of growing up and turning into healthy adults. Mental health means how we think, feel and act.

Just like we take care of our bodies (with food, sleep and fun activities) we need to take care of our minds!

We've put together some ideas that can help you to understand your own mental health.



Who is in a Mental Health Support Team in Schools ?

Mental Health Support Team in Schools (MHST) are multi-disciplinary teams. This means the people in the team all have different job roles but they all work together to achieve something.

In the MHST, there are Educational Mental Health Practitioners (EMHPs), Child Wellbeing Practitioners (CWPs), clinicians and Clinical Team Leaders.

Read on to find out what their roles are all about:

Children’s Wellbeing Practitioners (CWPs) and Education Mental Health Practitioners (EMHPs) are healthcare workers who are based in schools and colleges to provide mental health support for children and young people.

They are trained to help children and young people manage common mental health problems, particularly anxiety, depression, sleep and other common mild mental health difficulties. They will either work with a person 1:1 or in a group.

In addition, the EMHP’s might also lead assemblies and run workshops.

At some point in your journey with MHST, you might also work with **clinicians** or **Clinical Team Leaders**. These are professionals who are clinically trained and provide support to CWPs and EMHPs.



To find out more about the Mental Health Support Team in Schools please visit <https://bit.ly/MHSTH4T>

How to use this booklet

This booklet is what we call a toolkit.

This toolkit is meant to be practical – giving you things you can try with your child to support them with their difficulties.



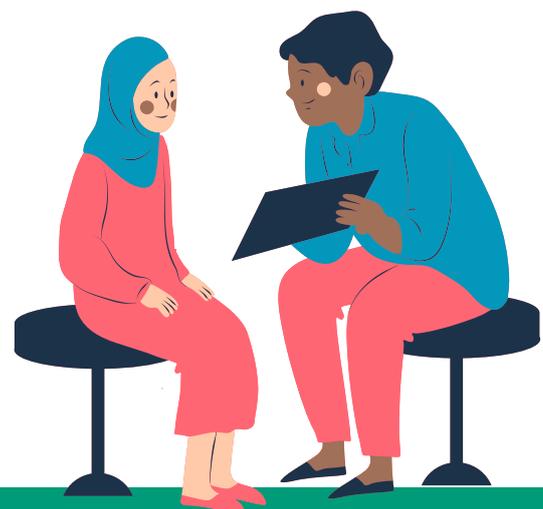
It might be helpful for you to try these first to see how you get on. These ideas work with young people and adults so you might even find something that helps you feel good too!



Once you've found a couple of ideas that you think are useful, try them out with your child. They might not work immediately so it maybe worth trying an idea a few times to see if you gain some benefit from it.



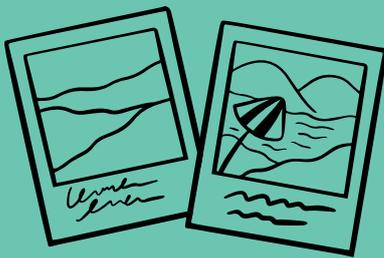
This booklet isn't meant to be homework or worked through cover to cover. It's about giving a range of options to try out. Don't worry if something you try doesn't work. We are all different so what works for one person, might not work for someone else.



My experiences

Experiences are what you've learned or remembered from things you've done or what's happened to you. Experiences can create a range of feelings.

It can be tricky to talk about uncomfortable feelings but naming and talking about these emotions can help to start working through them.



What triggers uncomfortable feelings?

Memories of people, places or events can all bring on big feelings. How does this feel for you? This can be physical and emotional feelings.



Ways to cope

What makes you feel better? It might be chatting to friends or family, listening to music or getting outside in the fresh air.



What can other do to help?

You might need other people to just listen, leave you alone or suggest helpful things that you could try.



What would you say?

If a close friend told you they were feeling the way you are now, what advice would you give to them?

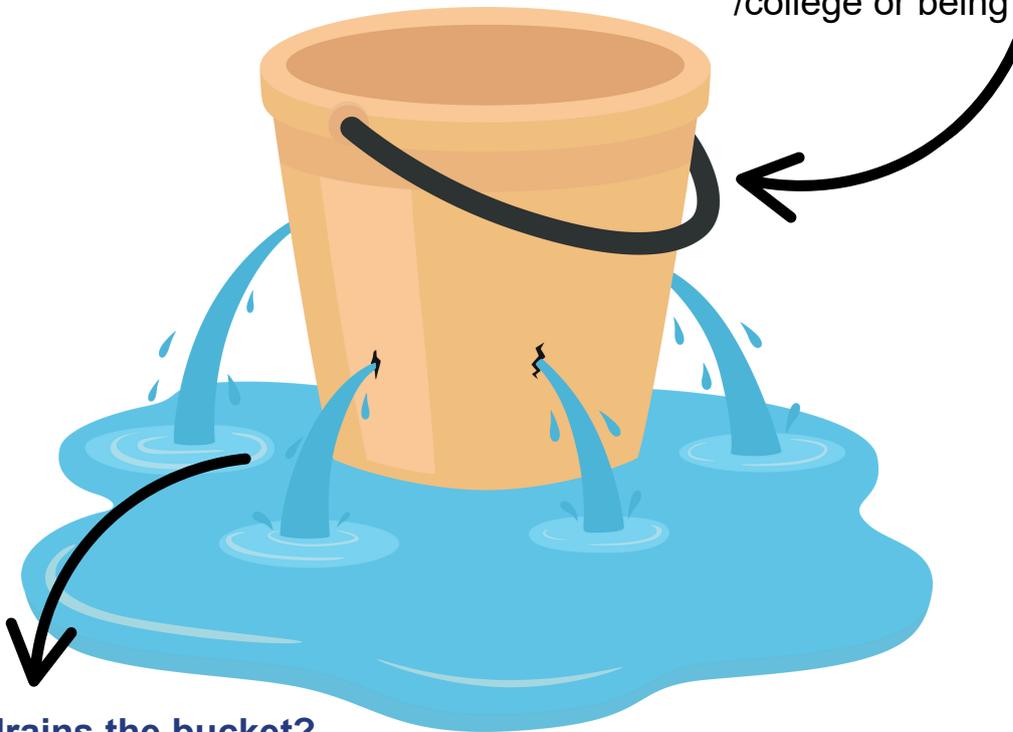
The stress bucket

This is an activity you can try to think about what is adding stress or worry to your mind and what you can do to relieve this.

Imagine your mind as a bucket. Things that make you feel worried or uncomfortable add more into the bucket.

What fills the bucket?

This could be things like having arguments, worrying about school /college or being a young carer.



What drains the bucket?

Anything that makes you feel better?

This could include self-care, meditation, journaling, doodling, exercise, sport, dancing to music, getting outdoors, cooking, talking to family or friends, using a calming app, kicking a football about, joining a club or group, being creative, reading. The list is endless!

What works for you? Could you add anything new?

The iceberg

We can imagine our feelings as an iceberg. We only see the tip of the iceberg and maybe one emotion but under the surface, many other feelings can be felt too.

The anger iceberg

The feeling we see is anger but underneath this are lots of other emotions.



What would your iceberg show?

Add the emotion that you show.
How are you feeling under the surface?



What is mindfulness?

Mindfulness is about noticing what's happening right now, in the moment. It's not thinking about what has happened or might happen next.

The idea is that you clear your head of all other thoughts and feelings and just focus on one thing.

This can help us to feel calmer, reduce stress or anxiety, sleep better and might help us cope better with difficult situations.



Mindfulness ideas to try

Balloon breathing

Lie down in a comfy spot and imagine there is a balloon in your tummy.

As you breathe in, imagine the balloon inflating and as you breathe out, imagine the balloon softly deflating.



Favourite place

Sit quietly and imagine you are in a safe, comfortable place.

You can remember a place you've visited or create a new location in your mind like a beach, a forest or a cloud.

Notice something new

Hold an object in your hands and really notice all the details about it, how it feels and looks.

Tip it over and examine it from different angles like you are really looking at it for the first time.



Body scan

Lie down and relax. Pay attention to different sensations in your body.

Try not to pass judgement but just notice things and let the thought go.

Mindfulness – grounding

Mindfulness can be used when you feel out of control to help make you feel calmer.

The technique of grounding is used to shift your focus from whatever is on your mind to what is happening here and now where you are.

Grounding ideas to try

5, 4, 3, 2, 1



Look around and spot five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.



Repeated actions

Do an activity that repeats like colouring or knitting. Pay attention to the way your body moves as you do this.



Spend time with nature

Spend some time outdoors. Notice what you can see, hear and smell.

You might like to try this at different times of the day and evening.

You can find more on [mindfulness](#) here or by visiting www.healthforteens.co.uk/feelings/anxiety/how-to-practice-mindfulness/

Self care

Self care is taking some time out to look after yourself. This might be for your physical or mental health. It's time to recharge your battery so you feel ready to continue with your daily routine.

There's no right or wrong way to practise self care because it should be whatever works for you and helps you to feel refreshed and recharged.

Here's some ideas you might like to try...



Have a shower



Listen to music



Do some doodling



Have an early night



Tidy your room/space



Drink some water



Meet up with a friend



Make a list of things you are grateful for

You can find more on [self care](#) here or by visiting www.healthforteens.co.uk/feelings/self-care/

Walking the dog counts too!



Fact vs opinion

What are facts?

Facts are things which are known or proved to be true.

What are opinions?

Opinions are views or judgements made about something. These aren't necessarily based in facts.

Penguin facts

Penguins are birds

Penguins can swim

Some penguins live in zoos



Penguin opinions

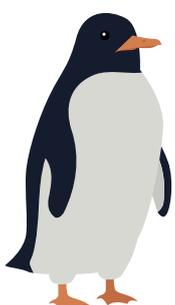
Penguins are cute birds

Penguins aren't good at swimming

Penguins shouldn't live in zoos

Opinions can sometimes sound quite similar to facts and it can be easy to confuse them. The next time you are thinking about yourself, remember to think carefully about whether the judgement is a fact or opinion.

Thoughts	Fact	Opinion
I always mess it up	✗	✓



If you wouldn't say it to a friend because it's mean, don't say it to yourself!

Thinking traps

It is natural to have some negative thoughts when things go wrong. However, when we have a regular pattern of negative thinking, often without a reason for it, we've fallen into a thinking trap.

Thinking traps or errors are actually known as 'cognitive distortions'. This is mistaken thinking based on opinions rather than facts. If we don't challenge this way of thinking, it can lead to mental health problems.

Do you recognise these thoughts?

Minimising the good



I can't believe I got 3 wrong on that test! I'm so dumb.

Reset your frame



I got 17 out of 20. I'm proud of how many I got right

Blowing things up



I'm not allowed to see my friends later. My life is terrible.



I get to hang out with them on Saturday - I'm looking forward to it.

Fortune telling



I bet no-one comes to my birthday party.



I will remind them to check with their parents.

Self blaming



Jay looks sad. I bet I've upset them.



Jay looks sad. I'll see if I can help cheer them up.

Mind reading



They are staring. I bet they hate my shirt.



They are looking at my top. I bet they are thinking it's cool.

Negative labeling



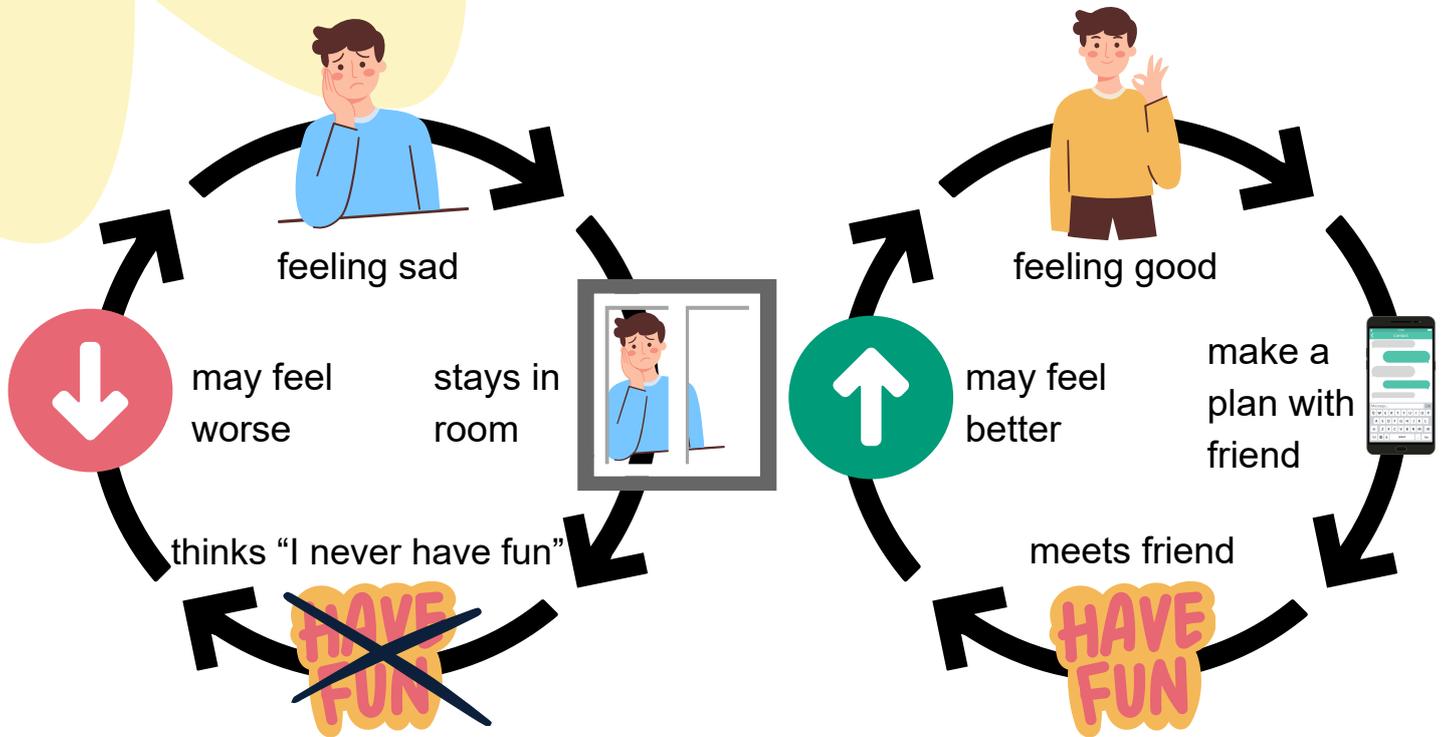
I'm so stupid. My art work is pathetic



I'm improving in art. Mrs Jones gave me positive feedback.

Behavioural activation

It can be hard to get going with something if you aren't feeling motivated; that can't be bothered feeling. But that can leave us feeling stuck in our ways or thoughts.



The good news is that we can trick our brains into getting motivated. You just have to start.

- 1** Start with things you enjoy or find rewarding so it's easier to get started
- 2** Create a small goal that you can achieve
- 3** Celebrate small wins and build your next goal



Problem solving

There are going to be times when things go wrong and we need to try to figure out how to fix the problem. Being a problem solver allows us to become more independent and resilient.

Smaller problems can be easy to solve. It's when a problem seems too big that we can struggle to know where to start. The trick is to break the problem into smaller, easier to manage steps.

Step by step problem solving

Steps	Example problem	My problem
Understand what the problem is	I'm always tired	
How big is the the problem?	I can't concentrate in lessons	
What are the solutions?	Go to bed earlier Leave my phone downstairs Have a sleep routine	
Try a solution to choose	I've found a sleep routine online	
Did that work? If not, why not? Try a different solution.	It helped but I kept looking at my phone so I might need to switch it off or at least to silent	



We hope you found some of the ideas in this toolkit helpful. On the following pages, there are more ways of finding support with your mental health.

Who can help me in school?

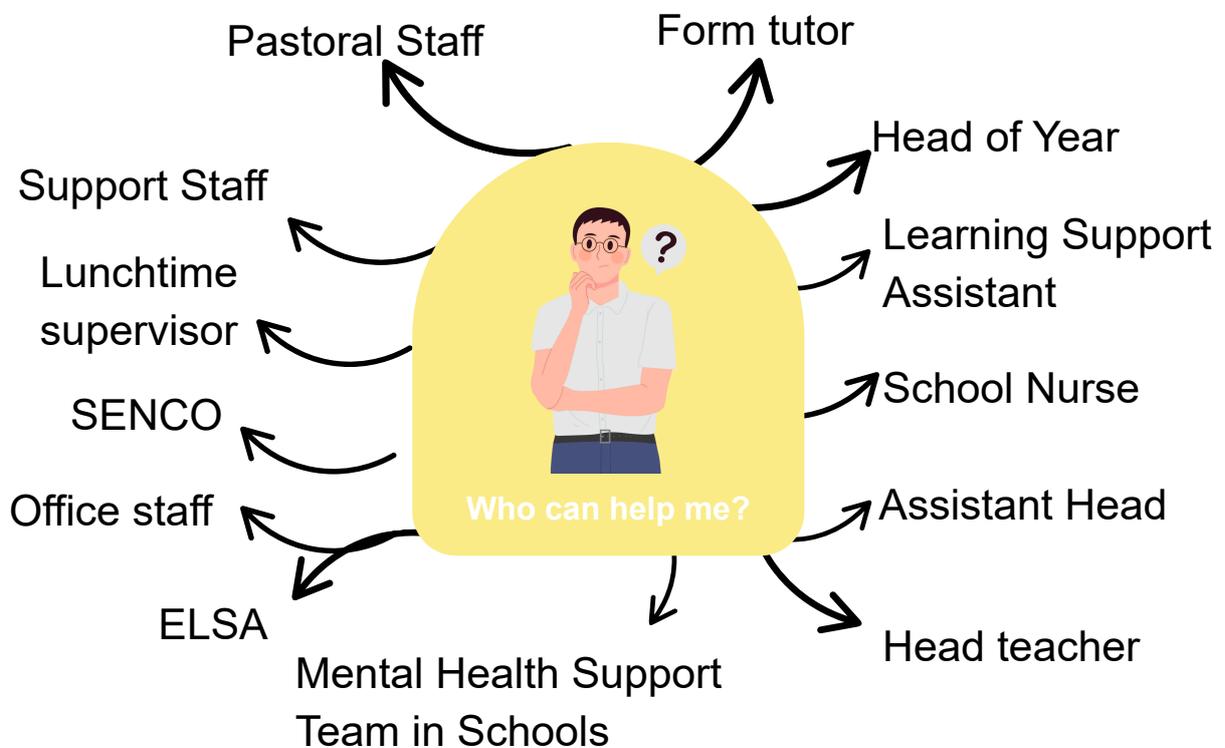
Sometimes our feelings can feel too big to handle. When that happens, it's ok to ask for help.

In school, there are lots of people who will be able to help you.

Big emotions can make it difficult to stay calm so it's a good plan to think ahead who you could talk to.

Sometimes staff are not where you think they are going to be so it's a good plan to have more than one person you'd feel comfortable going to see.

Here's some ideas of staff members that might become your trusted person.



Who can help me in school?

Do you know who all the people are that might be able to help you?

Who are the Mental Health Support Team in Schools?

These are the people who have given you this booklet. They are specially trained to work with your age group to help you with your mental and emotional health.

To find out more about the MHST, scan the QR code or use the link on page 5

What's pastoral support?

These are staff within a school who have additional training and can support you with your emotional, physical and mental health. A pastoral team is normally found in a high school or college.

What's an ELSA?

ELSA stands for Emotional Literacy Support Assistant. They are specially trained staff to help you with your emotional and mental health. These are often found in primary schools.

Help for carers

If you are an adult carer, you can find information on what additional support might be available by clicking [here](#) or visiting

www.leicspart.nhs.uk/about/our-commitment-to-carers/

If you are a young person who cares for a grown up or sibling in your family, you can find information on being a young carer by clicking [here](#) or visiting

www.healthforteens.co.uk/lifestyle/young-carers/what-is-a-young-carer/

Additional support

There are a range of websites that can provide help and support with your mental health



[Health for Teens](http://www.healthforteens.co.uk) is an online service provided by the NHS that has information on health and wellbeing. This website also has articles created by professionals who work at CAMHS, providing clinical advice on many topics including mental health conditions, growing up and lifestyle.

www.healthforteens.co.uk



YOUNGMINDS

[Young Minds](http://www.youngminds.org.uk) is a mental health charity for younger people. Their website has guides to mental health conditions, medication and loads of useful resources. You can also text YM to 85258.

www.youngminds.org.uk



[Tellmi](http://www.tellmi.help/what-is-tellmi) allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.

www.tellmi.help/what-is-tellmi



Additional support

There are a range of websites that can provide help and support with your mental health



[The Mix](http://www.themix.org.uk) offers online counselling and has a crisis messenger for young people under the age of 25. You can access this on their website or text 85258

www.themix.org.uk



Feeling worried or low? Need to talk? Text [SHOUT](https://www.giveusashout.org) to 85258 for free and confidential support, 24/7. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.

www.giveusashout.org



Leicestershire Partnership NHS Trust has partnered with the [Solihull Approach](https://inourplace.co.uk/leicestershire) to offer free access to expertly designed online courses for parents, carers, grandparents and teens living in the region.

<https://inourplace.co.uk/leicestershire>



Additional support

There are a range of websites that can provide help and support with your mental health

NSPCC



NSPCC specialises in child protection and is dedicated to protecting children to prevent abuse. www.nspcc.org.uk

PAPYRUS

PREVENTION OF YOUNG SUICIDE



If you are having thoughts about suicide or are concerned for a young person who might be, you can contact **HOPELINEUK** for confidential support and practical advice.
Call: 0800 068 4141 www.papyrus-uk.org

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Childline is a counselling service. Their website provides a free online service. They also have a free phone support service on 0800 1111 www.childline.org.uk.

SAMARITANS



When life is difficult, **Samaritans** are here - day or night, 365 days a year. You can call them for free on 116 123 (Free 24 confidential hotline) www.samaritans.org



In a
mental
health
crisis?



If you need urgent mental health support, 24/7 support is available over the phone.

Call **NHS 111**, selecting mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential.

You can also text 0748 063 5199 and we will aim to get back to you within 12 hours.

If there is an immediate threat to life, dial 999.

If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service: www.signvideo.co.uk/nhs111
<https://111.nhs.uk/>



Mental Health Support Teams **in Schools**

Date implemented: October 2025

Last review: October 2025

Review date: April 2028

Leaflet No. MHST-Sec-B001

feedback@leicspart.nhs.uk

© Leicestershire Partnership Trust October 2025