

How to get support:

To access the support on offer from the MHST please complete a Referral form and email to SouthamptonMHST@solent.nhs.uk. If a referral form is not attached to this leaflet, please email the team and we can send you a form for completion.

There are two referral forms available:

1. **A self-referral form.** This is for completion for young people aged 14 years and above wanting to access some support.
2. **A Professionals and Parent/Carers referral form.** This form is for completion by schools and colleges and also parents/carers who would like to refer their child.

Please be aware that you are only able to refer/self refer if you/your child are on roll at one of the following schools:

Chamberlayne College for the Arts	Weston Shore Infant School	Maytree Nursery and Infants' School
Harefield Primary School	Woodlands Community College	Mount Pleasant Junior School
Hightown Primary School	St Mary's Church of England Primary School	Newlands Primary School
Itchen College	Townhill Infant School	Portswood Primary School
Kanes Hill Primary School	Bassett Green Primary School	Redbridge Community School
Ludlow Infant Academy	Cantell School	Redbridge Primary School
Ludlow Junior School	Compass School	Richard Taunton Sixth Form College
Oasis Academy Mayfield	Highfield Church of England Primary School	Swaythling Primary School
Thornhill Primary School	Mansbridge Primary School	Tanners Brook Primary School
Valentine Primary School	Mansel Park Primary School	The Polygon School
Weston Park Primary School	Mason Moor Primary School	Vermont School



Southampton MHST

Self-Referrals and Parent/Carer Referrals

15th June 2020-31st August 2020

Southampton Mental Health Support Team (MHST)

Whilst most children and young people are not in schools and colleges currently, we are opening our service up to self referrals from young people aged 14 years and above and referrals from parent/carers of children aged 5-13 years.

This is for a trial period until the end of August 2020 when we will review this process in line with current government guidance on school attendance.

What are Mental Health Support Teams (MHSTs)?

- Mental Health Support Teams are a new resource, funded and accountable through the NHS. They will complement existing resources, rather than replace them.
- They will work with schools and colleges to support them with mental health and wellbeing difficulties and to treat mild-moderate emotional wellbeing and mental health difficulties.
- Support will be delivered through one-to-one Interventions, group work, or work with families in a range of low-level needs such as anxiety, low mood and challenging behaviour.

Introduction to MHST:

When will the MHST start delivering a service?

The Southampton MHST service will be launched formally in January 2021.

During 2020 we are developing both the team and the service, ready for the service to 'go live' early in the New Year. As part of this development we will be gradually increasing a service offer to the schools and colleges within the city who are taking part in the MHST project. A list of participating schools can be found on the back page.

Who will the MHST be working with?

The team will be offering individual and targeted group interventions with a focus on prevention & early intervention. They are offered for children and young people who present with mild—moderate emotional wellbeing/mental health difficulties.

Operational Hours and Contact Details:

The MHST operational hours are Monday- Friday 09:00-17:00
(Closed on Bank Holidays)

MHST Phone Number: 0300 123 6689

MHST Team Email: SouthamptonMHST@solent.nhs.uk

Emails are checked daily by the team however the response time may vary. We aim to respond to emails within 3 working days.

If you are needing urgent mental health support then please call 111 or visit the NHS 111 website to speak to the Mental Health Triage Service. They are available 24hours a day, 7 days a week for anyone living in Hampshire and the Isle of Wight.

Referral Criteria during Covid-19

Referral Criteria:

Depression/Low Mood (mild to moderate symptoms)

Anxiety (mild to moderate symptoms)

Generalised Anxiety

Specific Phobia

Separation Anxiety

Panic

Low Level Social Anxiety (as part of other anxiety presentation)

Sleep Difficulties within the context of anxiety and low mood symptoms

Exclusion Criteria:

Plans or Action to End Life Active Self Harm requiring medical attention

Bereavement

Trauma

Anger and Violence

OCD

Emotional Disregulation

The MHST are not able to work with any children or young people who are open to CAMHS.

Please be aware the MHST is not a crisis or emergency service, therefore unfortunately we are unable to work with high levels of risk or offer a crisis response.

What support is available?

Due to the current Covid-19 situation we are working differently. Unfortunately we are unable to offer any face to face intervention at this time. We would however, like to extend an offer of an alternative provision during this time including:

- ⇒ Telephone support to families and young people.
- ⇒ Send out some helpful resources and self-help information.
- ⇒ Assessment of a child/young person via a digital platform called Microsoft Teams. This will enable you to see the clinician you and your child are talking to.
- ⇒ CBT informed intervention via a digital platform following assessment.