

# Mental Health Support Team

## Groundwork London

### MHST Aims

Mental Health Support Teams are part of a governmental initiative to transform children and young people's mental health. To promote access to mental health services and improve children and young people's wellbeing.

## MHST Secondary School Offer

### ✨ One to One Support

#### *Anxiety*

Educational Wellbeing Practitioners (EWPs) help students distinguish between worries they can and can't control, then provide them with the skills needed to manage these worries (e.g. problem solving, 'worry time' and re-focusing techniques). EMHPs deliver up to 8 weekly sessions to help students overcome their fears and phobias through graded exposure and step by step plans. EMHPs also teach students how to identify factors which maintain their anxiety and support them to reduce these factors.

#### *Low mood*

EWPs can offer students up to 8 weekly sessions to help them break the vicious cycle of low mood/depression. Using a brief form of Behavioural Activation, EWPs helps students to identify their values then introduces activities which student have to complete, based on these values. Completing valued activities helps create a positive cycle that lessens the symptoms of depression.

### ✨ Group work

In Secondary schools the MHST can offer a 6 - 8 week targeted group (up to 12) for young people in Years 9 -12 with low mood and anxiety. The group focuses on learning practical strategies such as spotting and challenging negative thoughts, mindfulness and identifying the impacts of different activities on mood, to help empower the young people attending to enact changes in their lives to improve their wellbeing.

### ✨ Further Support

The MHST is flexible and can tailor support depending on the school's need. We offer assemblies, workshops and short term groups around wellbeing including themes such as exam stress and self-care, as well as specific themes identified by the school. We deliver psycho-education, training and support to students, staff, and parents / carers.

## How to Access Support

If you feel your child may benefit from support please speak to your school's Mental Health Lead, who can then make a referral to our service.

For further information please contact us on:  
[MHSTsouthwark@groundwork.org.uk](mailto:MHSTsouthwark@groundwork.org.uk)