

The Education Mental Health Practitioner for your child's school is:

**Sadia Khan**



The MHST Link Worker is: Feifei Martin

Contact:  
[Feifei.martin@nhs.net](mailto:Feifei.martin@nhs.net)

The Link Worker will meet with you or speak to you over the phone to think about the most suitable service for your child.

If you want to speak to someone outside of school about your child's mental health, please contact your GP or any other professional supporting them, such as a social worker.

Outside of normal working hours you can also contact the Crisis Team on **020 8432 8020**, or go to A&E.

## Mental Health Support Team at CAMHS

15 Homerton Row  
London  
E9 6ED

Tel: 0203 222 5600

## Wellbeing and Mental Health in Schools (WAMHS)



Parent Brochure  
Primary Schools

Introducing the:  
**Mental Health Support Team (MHST)**

## Who are we?

The MHST is an NHS service which is part of the Well-being and Mental Health Service (WAMHS) for your school. We work with young people, parents and staff to help improve young people's emotional wellbeing. The team is made up of :

- Educational Mental Health Practitioners (EMHPs)
- Child and Adolescent Mental Health (CAMHS) Practitioners and

## What we aim to offer?

We aim to

- offer guidance and support to parents and carers who are worried about their child's behaviour or mood.
- offer support mainly through parent group work and workshops.
- help parents to know how to confidently manage their child's wellbeing needs.
- support parents in understanding the impact of anxiety and low mood on a child's wellbeing.

## Why are we here?

Our role is the result of research which shows the value of having more support of this kind in schools.

Our main goal is to offer parents and carers support in noticing and dealing with early signs of low mood and anxiety in their children.

## Support we offer

- Guided self-help for parents/carers who have children with mild to moderate anxiety or challenging behaviour
- Group work with parents
- Group work for children and/or parents
- Education about emotional wellbeing
- Specialist approaches (e.g. preparing Y6 for secondary school)

## How are we linked to your child's school?

We will be based within your child's school one morning or afternoon per week.

## How can my child get support from this service?

If your child is having difficulties you can speak to your child's teacher who will pass on your concerns to the school's Designated Mental Health Lead, This is the person in the school that is responsible for managing referrals to our service.

