

SEFTON MENTAL HEALTH SUPPORT TEAM

WHO ARE WE?



The Mental Health Support Team (MHST) is a new service to support young people in achieving good mental wellbeing. We are Educational Mental Health Practitioners (EMHPs) who help deliver this support.

WHAT WE DO



- We help with a range of problems faced by young people such as low mood, anxiety, worry and friendship difficulties.
- We can work with you to help support you to manage these difficulties by following an evidence based intervention, or we can deliver group sessions to help improve mental health understanding.



It's important you speak up if you're struggling. Speak to your teacher to meet with us and scan the QR code for more information and support.