



**Greater Manchester
Mental Health**
NHS Foundation Trust

An Introduction to MHST

Bolton Mental Health Support Team

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Improving Lives



AGENDA

1. Who we are & our team

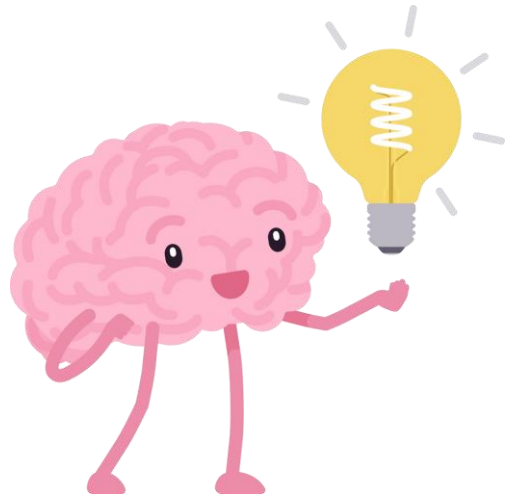
2. What we do

3. Mental Health Presentations we work with

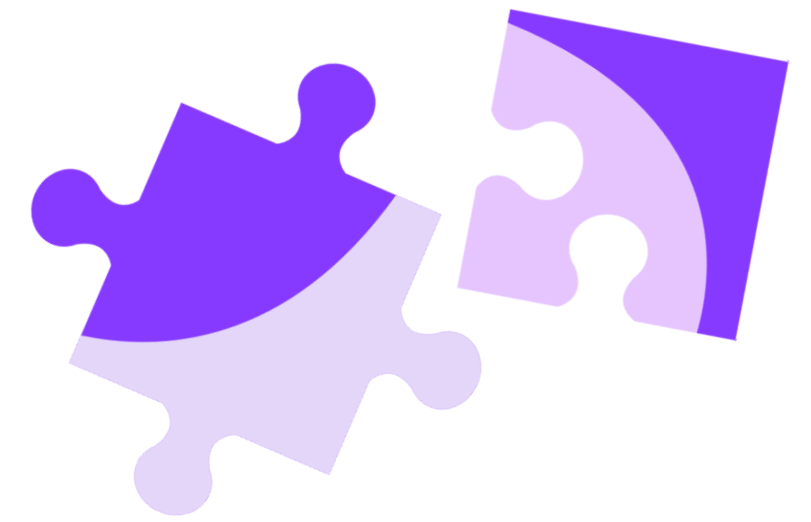
4. Signs of Mental Health struggles

5. What to do if you feel you would like support

6. Questions & feedback



ROLE 1: OUR INTERVENTIONS



Initially we will complete an assessment to understand the difficulties that you may be struggling with. This can then lead to us working with you on one of the following:

1:1 WORK WITH CHILDREN/ YOUNG PEOPLE

This intervention lasts for around 6–8 weeks and focuses on anxiety or low mood

1:1 WORK WITH PARENTS/ CARERS

This intervention lasts for around 6–8 weeks and focuses on anxiety or behavioural difficulties

GROUP WORK WITH CHILDREN/ YOUNG PEOPLE

This intervention lasts for around 6–8 weeks and focuses on anxiety or low mood

GROUP WORK WITH PARENTS / CARERS

This intervention lasts for around 6–8 weeks and focuses on anxiety or behavioural difficulties

If we believe that another service may be more suitable to support you with your difficulties, then we will provide you & your parents / carers advice on how to access this support.



ROLE 2: WHOLE SCHOOL APPROACH



We also work to support your schools in developing a whole school approach to mental health. This means we have regular meetings with the Mental Health Lead within your school. These discussions may lead to us providing:

Staff training

**Class
Workshops**

**Promoting
student voice**

**Parent
workshops**

Assemblies

**Working with
other agencies**

**Promoting a
wellbeing ethos**

**Mental health
curriculum support**



ROLE 3: ADVICE & SUPPORT



The final part of our role is to provide timely advice and support to school and college staff. This includes working with other agencies to ensure the correct support is available. This may mean that we:

Communicate with other NHS services who may offer more suitable support for children / young people.

Communicate with other specialist services who may offer more suitable support for children / young people.

THRIVE MODEL

This helps us to identify where children and young people may gain the most suitable support for their identified needs.



GETTING ADVICE

Providing signposting information and assistance to CYP, parent/carers and school staff

GETTING HELP

Providing evidence-based early interventions in individual and group structured sessions.

Getting more help

Providing onward referral assistance to higher need services/support from developing roles in team (Senior Wellbeing Practitioners and Trainee CBT Therapists). Engaging with existing whole-school approach (WSA) structures within the school to provide additional targeted support.

Getting risk support

Onward referral to specialist CAMHS and community-based services.

Thriving

Support to maintain mental health and wellbeing through effective prevention and promotion strategies.

THE MAIN PRESENTATIONS THAT WE WORK WITH INCLUDE...



Specific phobias
(e.g. animals,
weather)

Worry
(Generalised Anxiety)

Panic



Separation anxiety
(constant worry about
being away from
parents / carers)

**Low
mood**



Lifestyle concerns
(e.g. sleep, diet)

**Social
Anxiety**



WHAT WORRY MIGHT LOOK LIKE...

IN YOU OR A FRIEND



**“what if”
thinking**



**Difficulty
concentrating**



**Lots of worries about a
range of future topics**



**Avoiding ‘anxious’
situations**



**Bodily symptoms
(shaking, heart
beating...)**



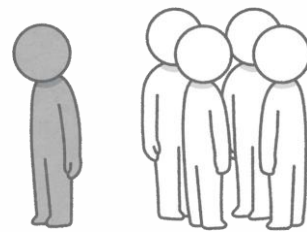
**Asking people if I
will be okay**

WHAT LOW MOOD MIGHT LOOK LIKE...

IN YOU OR A FRIEND



Tearful



**Spending more
time alone**



**Loss of enjoyment
in activities**



**Negative thoughts
about yourself**



**Difficulty
concentrating**



Low / no energy

WHAT SEPARATION ANXIETY MIGHT LOOK LIKE...

IN YOU OR A FRIEND



**Feeling anxious when away
from parent(s) / caregiver(s)**



**Difficulty attending school or going
activities away from parent / carer**



**Needing to hear from or see
parent(s) / caregiver(s) all
the time**



**Worries about bad things happening
to parent(s) / caregiver(s)**

WHAT SOCIAL ANXIETY MIGHT LOOK LIKE...

IN YOU OR A FRIEND



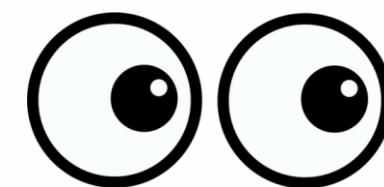
Feeling more anxious in social situations (e.g. on the playground or in a group)



Avoiding social situations (e.g. reading out loud)

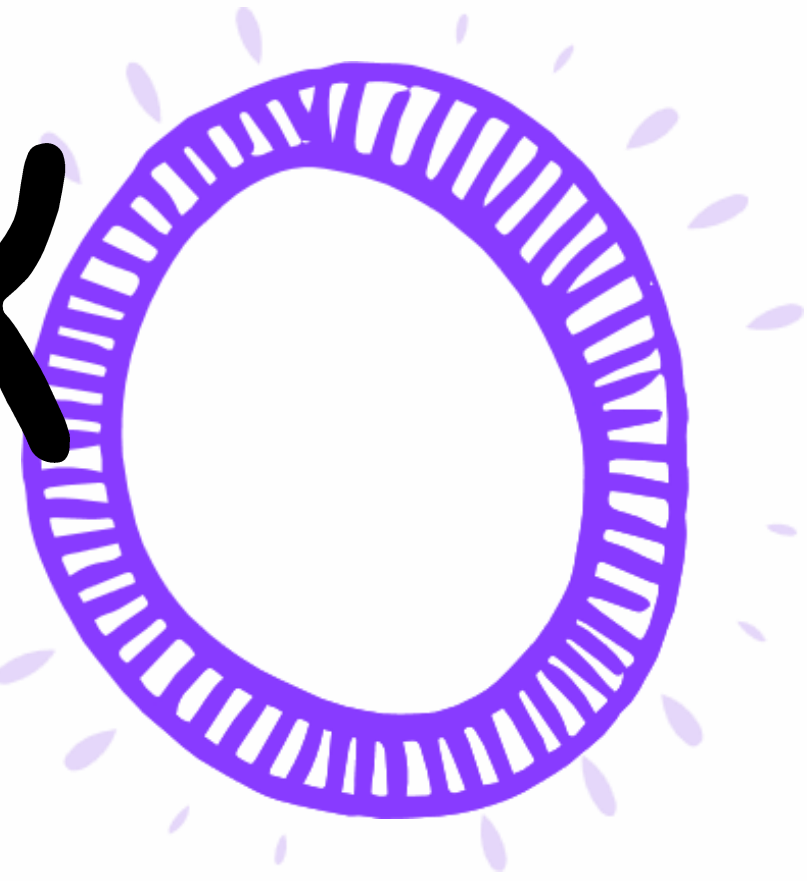


Worries about what others think of you



Safety behaviours (e.g. avoiding eye contact, covering face...)

**THANK
YOU!**



ANY QUESTIONS?

