How do I get help?

All of our referrals must come directly from the mental health lead in your child's school or college.

If you are concerned about your child, please contact school staff and request a referral to be made.

For urgent medical advice, contact NHS 111 (option 2 or ask for the First Response Service)

This service provides free and confidential mental health advice and information 24 hours a day, 365 days a year.

If you feel that you or your child are unsafe call 999 or go to A&E

For more information about supporting your child's mental wellbeing please visit:

Place2Be
www.place2be.org.uk

Keep Your Head
www.keep-your-head.com

Pinpoint - Cambridgeshire
www.pinpoint-cambs.org.uk

Family Voice - Peterborough
www.familyvoice.org

Mental Health Support Teams

Information for Parents

Mental Health Support Teams (MHSTs) support children and young people in selected schools and colleges across Cambridgeshire and Peterborough. We operate 9am-5pm Monday-Friday and are open during school holidays.

What do we do?

We offer short term (6-10 sessions) interventions based on cognitive behavioural therapy, catered to the current difficulties your child is experiencing. We may also put you in touch with other services for further support.

Depression/Low Mood

Feeling sad or low from time to time is normal, especially after distressing events or life changes. Sometimes children feel sad for no reason whatsoever. If this feeling doesn't go away after 2 weeks, your child might need some extra support.

Your child may feel empty, hopeless, angry or lonely. They might have lots of negative thoughts about themselves and the future. They might struggle to stick to their usual routine.

What we offer

For secondary schools

Behavioural Activation - this focuses on finding out what is important and planning this into their day to help them feel better. This is delivered directly to young people, and parents/carers are given the opportunity to attend where appropriate. One to one sessions with a practitioner.

Mind & Mood - group work around supporting mental health

Our service can also signpost and refer to alternative services for further support.

What can we help with? Anxiety and Worry

It is normal to worry. We all feel anxious from time to time; anxiety is a response to us feeling in danger or threatened. Worrying or feeling worried all the time however, can be a problem. If fears and worries are impacting your child's daily life, at school or at home, they may need some extra support.

Anxiety might feel like a nervous tummy before school, a racing heartbeat or trouble breathing. Anxiety and worry may also involve having lots of 'what if' and negative thoughts.

What we offer

For primary schools

Anxiety: support for parents/carers using the 'Helping Your Child with Fears and Worries' programme. This is delivered by working directly with parents/carers to give you tools and techniques to support your child in dealing with their anxiety. One to one or group sessions with a practitioner.

For secondary schools/colleges

Worry Management - tools to help your child cope in anxious situations. This is delivered directly to young people, with the opportunity for parents/carers to attend sessions where appropriate. One to one sessions with a practitioner.

Graded Exposure - slow, small steps building up to face what makes your child anxious. This is delivered directly to young people, with the opportunity for parents/carers to attend sessions where appropriate. One to one sessions with a practitioner.

Mind & Mood - group work around supporting mental health

Behaviour Management

How we can help

All children misbehave and all parents/carers need support sometimes. We offer 6-8 one to one behavioural support work with parents/carers focusing on boundary setting, positive attention, praise and improving communication for primary school aged children.