Making a referral

Referrals to the MHST are made through school. Speak to your school's mental health lead (MHL) or an alternative member of school staff you trust about the difficulties being experienced by yourself or your child.

The mental health lead in your school is: _____

The EMHP in your school is: _____

Finding the right support

The MHST is not always able to offer the most appropriate support for all families. If this is the case the MHST will assist you in finding alternative support from the wide range of services available in Liverpool.

The Mental Health Support Teams are based between the 3 YPAS hubs over Liverpool;

YPAS Central Hub

36 Bolton Street

Liverpool

L3 5LX

0151 707 1025

YPAS North Hub

Croxdale Road West

Croxteth

L14 8YA

0151 305 2040

YPAS South Hub

35 Lyndene Road

Liverpool

L25 1NG

Tel 0151 305 2031

Liverpool Learning Partnership

YPAS Young Person's Advisory Service

Liverpool CAMHS
mental health is everyone's business
Whole School Approach to mental health

Mental Health Support Teams



We all have mental health and sometimes need a bit of extra support. This is where mental health support teams can help you and your child to prevent problems from developing.

What is the Mental Health Support Team (MHST)?

The MHST works within schools with children, young people and their families, providing early support for mental health and emotional wellbeing. The MHST is made up of a range of practitioners that can offer evidence based interventions and support for the whole school.



What can the Mental Health Support Team work with?

⇒ Low-level anxiety/worry - does your child appear to be anxious or have lots of worries?

⇒ Low mood - has your child started feeling sad and does their mood not seem to be lifting?

⇒ Understanding emotions - Does your child have difficulty expressing their emotions?

⇒ Phobia - does your child have a phobia that is getting in the way of their day to day life?

⇒ Parent support for anxiety - does your child appear to be anxious and can this be difficult to manage?

⇒ Parent support for challenging behaviour - is your child displaying difficult/challenging behaviours?

These are just some of the areas the MHST can help support.

What does the Mental Health Support Team provide?

⇒ Assessments for children identified by school staff as requiring support with their mental health and emotional wellbeing.

⇒ Training for school staff and parents/carers to support children with their mental health and emotional well-being

⇒ Group workshops to support children with their mental health and emotional wellbeing.

⇒ Individual one-to-one support for up to 8 weeks

What happens in an assessment?

The Mental Health Support team will contact you to arrange an appropriate time to meet with you and your child. The assessment can take place in school or virtually.

During the assessment, you and your child will be asked some questions and you will also be asked to fill in questionnaires. Once you have had an assessment, the MHST will help you to decide what the right support for you and your family is.

