

What are our MHST values?

To support and empower children, young people and the wider school/college community with their mental health.

It's ok to not be ok

We Value:

- Being accessible, approachable, compassionate and empowering
- The importance of mental health for everyone in the school/college community
- Being part of the school/college community and led by their needs
- Offering the right support at the right time
- Connecting and co-producing with school/college communities and other mental health services and organisations

We recognise everyone is unique and every school/college is different and so our provision can be customised for you. We welcome talking to you and exploring together how we can help.

Contact us

East Suffolk Team

MHST.East@nsft.nhs.uk

West Suffolk Team

MHST.West@nsft.nhs.uk

Central Suffolk Team

MHST.Central@nsft.nhs.uk

For all teams,
please call:
01284 733234

Twitter
@MHSTSuffolk

Need help and advice?

Contact the customer service team for confidential advice, information and support, helping you to answer any questions you have about our services or about any mental health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact us.

Tel: 01603 421486

Email: customer.service@nsft.nhs.uk

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

Trust Headquarters:

Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE

 01603 421421

Working together for better mental health...

 nsft.nhs.uk

 @NSFTtweets

 NSFTTrust



Positively... Respectfully... Together...

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Norfolk and Suffolk
NHS Foundation Trust



MHST

Mental Health Support Team

Consultation Process

Working together for
better mental health

What is the Mental Health Support Team?

The Mental Health Support Team (MHST) is a new early-intervention service that supports children and young people, their families and school/college communities with mild to moderate mental health difficulties.

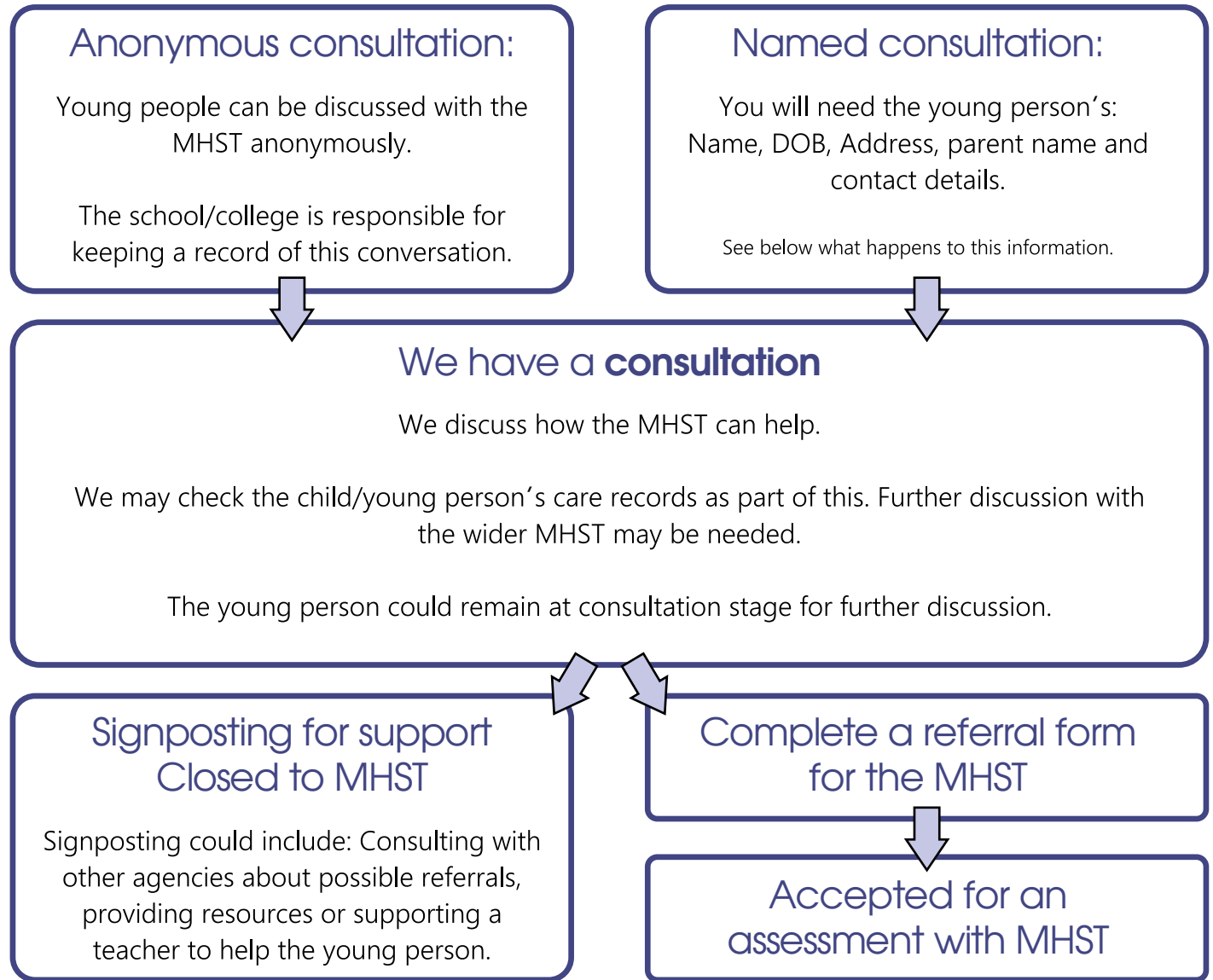
One of the ways we can support a school/college is via consultation.

What is a consultation with the MHST?

A consultation is a solution-focused meeting between school/college staff and the MHST to discuss a mental health problem or concern for a group of children or an individual child.

The MHST aims to be inclusive - all referrals will be considered to ensure individuals receive appropriate support.

Before a consultation you must obtain consent to discuss the young person otherwise they can be discussed anonymously.



What happens to their information?

Use the QR code for more information about how we manage data.

