



Mental Health Support Teams Hertfordshire & West Essex

Watford MHST works with St Anthony's School to provide early help and preventative support for the mental health and well-being needs of their young people.



Hi - I am Sam and I work for the Watford MHST. I am St Anthony's allocated Education Mental Health Practitioner and I visit school most weeks.

We have three main functions:

1. We deliver evidence-based interventions for mild-to-moderate mental health issues.

-1:1 interventions for parents either on the topic of child anxiety or for child behaviour issues.

-Targeted group support either for young people (e.g. transitions, anxiety, friendship issues) or for parents (e.g. child anxiety or promoting positive behaviour in children.)

-If you wish to access support, please speak to Melanie Brimicombe who is your school's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support

-For any information about our service please contact hpft.mhstwatford@nhs.net

2. We work with education staff to promote better mental health for all as part of the educational setting's 'whole school approach'.

-We provide staff, parent or pupil workshops, assemblies or whole class interventions on a variety of topics related to mental health and wellbeing.

-I am currently delivering "Brain Buddies" (an eight week emotion regulation course) to Year 5 classes at St Anthony's.

3. We give timely advice to school staff and liaise with external specialist services to help young people to get the right support and stay in education