

Mental Health Support Teams

Hi, we are NHFT's Wellingborough and East Mental Health Support Teams (MHST). The MHST's have been created to offer early intervention, low intensity, mental health support within schools for children and young people with mild to moderate mental health difficulties. Some of the areas we can support with include worries and anxiety, low mood, managing emotions and transitions.

The MHST will also support your school's Mental Health Lead to introduce and develop their Whole School Approach to mental health, which involves the whole school community working together to promote and protect mental health and wellbeing. Individual referrals can be made via the school's Mental Health Lead or by speaking to your child's class teacher. We also offer group work and workshops for young people, staff and parents. We look forward to meeting you.

