



Wirral MHST

CYPMHS

What is MHST?

Mental Health Support Teams (MHST) are a service designed to help meet the mental health needs of children and young people within education settings i.e. schools.

On the Wirral, MHST work with children with mild to moderate mental health problems in primary and selected secondary schools. A mild mental health issue is when a person has a small number of symptoms that have a limited effect on their daily life and a moderate mental health issue is when a person has more symptoms that can make their daily life much more difficult than usual.

MHST offer 6–8-week group or 1-1 interventions for both children and parents in primary schools. We offer parent workshops and school staff training as well as whole school approach/whole class activities.

If you're worried about your child, please speak to the Mental Health Lead in your school, they will be able to consult with a member of our team to see what the best course of action is. Self-referrals are welcome, although, referrals via your child's school are preferred.

The Mental Health Lead in your Primary School is:

Mrs G Morris

To complete a self-referral via Wirral's Single Point of Access, please visit, www.branch-wirral.co.uk

Please note that we will get permission to discuss self-referrals with your child's school wherever possible to ensure the best possible support is given, either through MHST, school or a different local service.

Contact us

Wirral CYPMHS Tel

Ask for MHST admin team 9-5pm

0300 303 3157

24/7 Crisis Line

For young people, family members and
professionals in crisis

Dial 111, option 2 for Mental Health