



# Wirral MHST CAMHS

# 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 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 interventions, 1–1 interventions, class workshops and school staff training.

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

For more information or to complete a self-referral, please visit, [www.mymind.org.uk](http://www.mymind.org.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

## MyMind website

[www.mymind.org.uk/services-and-contacts/mental-health-support-teams-mhsts/wirral-mental-health-support-teams](http://www.mymind.org.uk/services-and-contacts/mental-health-support-teams-mhsts/wirral-mental-health-support-teams)

## Wirral CAMHS Tel

Ask for MHST admin team 9-5pm

**0300 303 3157**

## 24/7 Crisis Line

For young people, family members  
and professionals in crisis

**0800 145 6485**