

We work closely with the Mental Health Support Team (MHST) to provide mental health services for students and families. The Mental Health Support Team in Schools (MHST) is a free, confidential service that works alongside selected schools in Birmingham to deliver three core functions:

Delivering evidence-based interventions for mild-to-moderate mental health issues in children and young people.

Supporting schools to develop a whole-school approach to mental health and well-being.

Advising school staff and liaising with external specialist services to ensure children and young people receive the right support at the right time.

How does MHST support (input school)?

The Birmingham MHST team supports (input school) by:

- Providing one-to-one and group interventions for children and young people.
- Delivering a range of educational workshops to students, parents/carers, and staff to help understand mental health and useful strategies for managing it.
- Meeting regularly with key staff to offer advice and help identify additional or alternative services.

MHST Support Areas

Compass Birmingham MHST can support the following difficulties:

Worry, specific anxiety, low mood, behaviour, managing emotions and sleep difficulties.

Interventions typically consist of 6-8 sessions delivered in school on a weekly basis for children and young people aged 5-18.

Referrals to MHST

Speak to your school to make a referral or contact Compass below:

CONTACT US:



0121 227 8254



compass-uk.org



birminghammhst@compass-uk.org

