

Video transcript for 'Mental Health Support Team for children and young people - Service overview'

0:00:00.320,0:00:04.480

We are the Mental Health Support Team for children and young people, often known as

0:00:04.480,0:00:11.600

CAMHS MHST. We work closely with participating schools, and sometimes relevant health and local

0:00:11.600,0:00:16.400

authority professionals, to promote positive mental health, and support children and young

0:00:16.400,0:00:22.960

people aged 5 to 17 who are experiencing mild or moderate mental health difficulties.

0:00:23.600,0:00:28.480

We offer an initial assessment to understand the difficulties your child or young person may be

0:00:28.480,0:00:35.360

experiencing and this will help us decide if an intervention from our service is suitable. If we

0:00:35.360,0:00:40.160

feel another service may be able to offer more suitable support, we will provide guidance and

0:00:40.160,0:00:45.200

advice on how to access this. For children and young people of secondary school age,

0:00:45.200,0:00:50.880

we can provide one-to-one interventions that involve setting goals and planning strategies.

0:00:50.880,0:00:56.960

We call this 'Low Intensity Cognitive Behavioral Therapy'. For children of primary school age,

0:00:56.960,0:01:02.960

we offer parent-led interventions through six to eight weekly sessions, each lasting around 45 to

0:01:02.960,0:01:09.120

60 minutes. Appointments can be held at your school, at local children's centre or health

0:01:09.120,0:01:16.640

centre, or online via Microsoft Teams. We do not provide medication advice or prescriptions or

0:01:16.640,0:01:23.920

formal diagnosis, but we can help guide families towards the most appropriate service. We also do

0:01:23.920,0:01:29.120

not provide assessments for neurodivergence. However, we do provide advice to school staff

0:01:29.120,0:01:35.520

and work with other services as appropriate. To access our service, your child or young person's

0:01:35.520,0:01:41.680

school can make a referral or you can self-refer

through our website. You can find more information

0:01:41.680,0:01:51.920

about the Mental Health Support Team for children
and young people and what we offer on our website.