



Brook Street Primary
Inglewood Junior
Pennine Way Primary
Petteril Bank Primary
St Bede's Catholic Primary
Upperby Primary
Yewdale Primary

John Henry Newman Catholic School
Richard Rose Central Academy
Richard Rose Morton Academy
William Howard School

The Gillford Centre

Carlisle MHST

North Cumbria Mental Health Support Teams
Shaddongate Community Resource Centre
Shaddongate
Carlisle
Cumbria
CA2 5TY

✉ Email: WS.CarlisleMHST@barnardos.org.uk

March 2021

Dear Parent/Carer,

I am writing to introduce you to the Mental Health Support Team (MHST) who will be working in your child's school. There is currently one MHST team which has been commissioned by the NHS in North Cumbria and based in Carlisle. The service will be provided by Barnardo's and will be present in the schools listed at the top of this letter.

The team has a Clinical Lead, two Senior Practitioners and four Education Mental Health Practitioners (EMHPs).

The teams can support children and young people with their emotional health and wellbeing by providing short to medium term one to one and group intervention with difficulties such as:

- Low mood
- Worry
- Social anxiety
- Separation anxiety
- Panic
- Obsessions and compulsions

The teams can also support children, young people, parent/carers and all staff members of the school community with areas of emotional life such as:

- Relationships
- Difficult emotions such as anger, sadness, hurt
- Behaviour
- Learning
- Sleep
- Resiliency

Your child's school has agreed to the team being part of their school community to support the emotional wellbeing of their pupils. The Senior and Pastoral Leaders at your child's school are aware how help can be sought from the MHST Practitioners, and will seek advice from you about any child or young person they think would benefit from a referral. Young people at secondary school can seek support for themselves within school also.

If you believe that your child would benefit from emotional health support then please contact your child's school and ask to have a conversation with them about this.

The MHST teams recognise we will need to work closely with you, with your child and with your school, to ensure we help and support you all safely given the COVID19 situation. We will endeavour to provide care that is flexible and appropriate to each person's needs and are happy to talk this through where helpful.

The Mental Health Support Team are looking forward to working with your child's school and the children, young people, parent/carers and school staff who are part of their school community.

With kindest regards,

Victoria Haworth

Clinical Lead | Carlisle MHST