

We also offer sessions with parent carers so that they can help you with big feelings and thoughts. We work closely with school so they can support you as well.



‘MHST gave me someone to talk to when I felt anxious and stressed. It was a relief to know I had people around me to help me think clearly.’

Young Person

## How can you get support from MHST?

We are based in our MHST partner schools. You, your parent, carer or teacher can ask for help from the MHST for you. If you are in secondary school you can ask for support by yourself. You can ask your school to find out more.



### How to contact us

#### North East Cumbria:

NorthEastCumbriaMHST@barnardos.org.uk

#### North West Cumbria:

NorthWestCumbriaMHST@barnardos.org.uk

North Cumbria

Mental Health  
Support Team

A service run by:



Instagram

North Cumbria  
Mental Health Support Teams  
@mhstNorthCumbria



Changing childhoods.  
Changing lives.

North Cumbria Mental Health Support Teams

Barnardo's Registered Charity Nos.216250 and SC037605

Supported by



## Introduction to Mental Health Support Teams

Information  
for young people



## What we do

The North Cumbria Mental Health Support Team (MHST) is a service in your school. We support young people with their mental wellbeing when you might first be struggling.

## Who we are

Our teams each have Education Mental Health Practitioners (EMHPs) Senior Practitioners and a leader. The EMHPs and the Senior Practitioners work with young people. The leader supports them to help young people.



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## Who we work with

We might work with you directly or speak with the people around you to think about what support might be best. We can help with things like anxiety and worry, feeling down, big feelings, self-esteem, panic and behaviour.

## How do we help?

Our practitioners will look at the links between your thoughts, feelings and behaviours (what we do). Sometimes we can get stuck in a cycle of unhelpful thoughts, feelings and behaviours which is when we can start to struggle with our wellbeing. An MHST practitioner can help you to break that cycle and begin to



feel better. It will be important for you to practice these skills at home and your practitioner will help you to plan tasks to do this in between session. These skills are all evidence based, which means researchers have tested them and found that they are helpful for lots of other young people who have similar struggles to you.

## What can I expect?

We will work with you for between 4-12 sessions to help make some of these changes. This will depend on what is making life difficult for you and might be individually or as part of a group. Sessions are usually weekly and between 40 minutes to an hour.

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