

December 2024

Tel: 0115 876 0167

Dear Parent/Carer,

We would like to take the opportunity to introduce ourselves and explain the mental health services we offer through your child's school.

We are the Mental Health Support Team (MHST) and we are supporting your young person's school to offer an early intervention approach to mental health support through CBT (Cognitive Behavioral Therapy) based work with children and young people. This work can be done individually or in groups. We also work with school staff and parents to support their children and students.

We offer a range of parent/carers courses: –

MAC (managing your anxious child) Parent/Carer Support Group

Neurodiversity & Anxiety Course for Parents/Carers

Forever Families Parent/Carer Behaviour Support Group

PART (parental adolescent relational training) Group

The Mental Health Support Team (MHST) offer regular remote workshops for parents to support their young people with sleep and mental health and wellbeing. Look out for information which will be regularly sent out via school or contact your school's Mental Health Lead.

If your child is experiencing low mood, anxiety or has a concern about their mental health, they can access our service through a self-referral or by talking with your school's mental health lead to support them with this.

For further information, please speak to a member of school staff, or visit [CAMHS - Mental Health Support Team website](#).



or use the QR code or link below to refer into us.



<https://www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral>

or by calling our Single Point of Access (SPA) on: 0115 854 2299

There is strong evidence that accessing early intervention mental health support is beneficial for young people and families in an ever changing and demanding world.

We include lots of guided self-help and tools to promote wellness, and we encourage referrals from anyone who feels they need some guidance and advice to promote their optimum wellbeing.

If you have any queries, please don't hesitate to contact us.

EMERGENCY CONTACT INFORMATION

If a young person experiences a mental health crisis, support can be accessed via the CAMHS Crisis team on 0808 196 3779 option 1. The CAMHS Crisis service are available 24/7.

Emergency mental health care can be accessed via your local A&E department, or by calling 999.

In the event of families in crisis, child safeguarding concerns, adults experiencing mental ill health who may be a risk to themselves or others and urgent adult safeguarding concerns, you can contact the Emergency Duty Team (Nottinghamshire County Council) on 0300 456 4546 who are open Monday to Thursday 5pm to 8:30am, 24 hours at weekends from 4:30pm Friday to 8:30am Monday and 24 hours during all public holidays.

If you live in the City of Nottingham, please contact Nottingham City Council's Emergency Duty Team on: 0115 915 9299 or during normal office hours call 0115 915 5555.

Helpful links for parents and carers

- **SANE**
 - [Emotional support, information and guidance for people affected by mental illness, their families and carers](#)
 - www.sane.org.uk/textcare
- **YOUNGMINDS**
 - Advice, support and signposting about a child or young person.
 - www.youngminds.org.uk or 0808 802 5544

Helpful links for young people

- **MIND**
 - Information and signposting for mental health, treatment options and advocacy services
 - www.mind.org.uk or 0300 123 3393
- **OTHER ADVICE HOTLINES;**
 - SHOUT - Text 'SHOUT' to 85258
 - PAPYRUS – 0800 068 4141
 - ChildLine – 0800 1111
 - KOOTH.COM

Helpful Apps:

