

MENTAL HEALTH SUPPORT TEAM

The promotion of health and wellbeing in children and young people is paramount for preventing long term mental health problems. Therefore, as part of the government's brand new initiative we are delighted to be part of the new Mental Health Support Team working in the Bradford South area.

The team work on a 1:1 basis with children and young people who are presenting with mild to moderate mental health issues. We have a variety of interventions which would be suitable for young people experiencing things such as Low Mood, Anxiety, Phobias, Anger/Irritability and Sleep problems. We also work with parents/carers for a number of interventions including Parent Led CBT and our parenting programme for conduct problems.

As well as 1:1 interventions we implement a Whole School Approach within our settings - working with all staff, parents and pupils. We work closely with schools to help them identify social, emotional and mental health issues as early as possible using our consultation/advice offer.

Meet the Bradford-South Team

Jo

 Senior
Mental Health
Practitioner

Hannah

 Senior
Mental Health
Practitioner

Amy

 Senior
Mental Health
Practitioner

Neesha

 Children's
Wellbeing
Practitioner

Verity

 Education
Mental Health
Practitioner

Kinga

 Education
Mental Health
Practitioner

Harriet

 Education
Mental Health
Practitioner

Lauren

 Education
Mental Health
Practitioner

Debs

 Specialist
Administration
Coordinator

Primary Schools

Foxhill Primary School
 Worthinghead Primary School
 Knowleswood Primary

Secondary Schools

Trinity Academy Bradford
 Appleton Academy

If you would like to get in touch regarding any Mental Health concerns with a child or young person, please speak to your representative Education Mental Health Practitioner at your school Alternatively, email our team on mhst@bdct.nhs.uk

(Please allow 5 working days for a response from our Admin, who will pass your concerns to the most suitable member of the Team.)

Acronym Buster

MHST

 Mental Health
Support Team

SEMH

 Social, emotional,
mental health

EMHP

 Education Mental
Health Practitioners

SMHP

 Senior Mental
Health Practitioners

CBT

 Cognitive
Behavioural Therapy