

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 Craven 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-Team

Helen



High Intensity
CBT therapist
& Supervisor

Lisa



Senior
Mental Health
Practitioner

Jamie



Education
Mental Health
Practitioner

Claire



Education
Mental Health
Practitioner

Elizabeth



Education
Mental Health
Practitioner

Mel



Children's
Wellbeing
Practitioner

Michelle



Specialist
Administration
Coordinator

Primary Schools

St. Stephens	Claire
Christ Church	Jamie
Sutton-in-Craven CP	Elizabeth
Sutton-in-Craven CofE	Mel

Secondary Schools

Skipton Academy	Claire
Skipton Girls High School	Lisa
Settle College	Elizabeth
Upper Wharfedale School	Jamie
South Craven	Elizabeth and Mel

Further Education

Craven College	Jamie and Elizabeth
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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