**South Somerset Behaviour Partnership**





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| **Mental Health Support Team** |
| Low intensity, CBT informed for early intervention of low mood, anxiety, worries, some Phobias, Panic, Separation Anxiety, Health Anxiety, Mild OCD, parent led CBT and Parenting.  Support for the whole school approach via consultation and psychoeducation |
| Referral is via the school mental health lead in designated schools and via school nurses during school holidays. |
| Email: [spn-tr.MHSTSomerset@nhs.net](mailto:spn-tr.MHSTSomerset@nhs.net)  Telephone: 01823 368481 |

**Mental Health Support Team Resources**

MHST Support Team Poster



MHST Request for Help Referral Form



Education Mental Health Practitioners



Interventions Offered by the MHST



Professionals’ Guidance for the Mental Health Support Teams



Mental Health Support Teams Programme

