

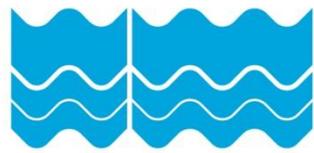
Mental Health Matters

Are you a young person currently experiencing difficulties with:

- **Anxiety?**
- **Low mood?**
- **Sleep?**
- **Healthy eating?**
- **Worry?**
- **Low self-esteem?**

The East Sussex Mental Health Support Teams (MHSTs) may be able to help





What do MHSTs offer?

MHSTs offer short-term support for children and young people affected by **mild to moderate mental health needs**. The interventions are delivered by trainee Education Mental Health Practitioners (EMHPs).

Who can access support from the MHSTs?

Referrals are assessed on a case-by-case basis to decide whether the MHSTs offer the most helpful form of support. MHSTs **can** support young people aged 7-17 with the following issues:

- Low mood, depression and low self-esteem
- Anxiety, including phobias, separation anxiety, social anxiety, school avoidance and excessive worry
- Poor eating patterns or diet affected by and/or affecting mood (not eating disorders)
- Sleep difficulties related to poor sleep routine, anxiety or problematic thoughts or worries at night

The interventions offered by MHSTs are not suitable for every type of difficulty. MHSTs **cannot** provide support for:

- Moderate to severe mental health needs, including Post-traumatic stress disorder (PTSD), Obsessive-Compulsive Disorder (OCD) or eating disorders
- Young people who are in crisis or at significant risk of harming themselves or others
- Young people with a diagnosis of ASD or learning disability (young people with ADHD may be seen if symptoms are reasonably well-managed)
- Young people who do not consent to receiving support

How is the support provided?

Due to COVID-19, MHSTs are currently working online using video platforms. Sessions normally take place weekly at a regular day and time. Interventions typically last between 4-10 weeks.

Depending on the age and circumstances of the young person, EMHPs may liaise with parents/carers and schools. As EMHPs are in training, they make audio recordings of all sessions, which are shared with their tutors at the University of Sussex. Full information is provided on how MHSTs protect the privacy and confidentiality of young people and their families.

