

Mental Health Support Teams in Schools



Hello, my name is Lucy Bevis. I'm a Trainee Education Mental Health Practitioner (EMHP) within the Three Rivers Mental Health Support Team (MHST). I will be based at St Peter's on Tuesdays.

My role within the



- This is a new role, developed in line with the Government's response to increase access and availability of mental health and wellbeing support for children and young people.
- As part of an MHST in Three Rivers, our work is predominantly about preventing mild to moderate mental health concerns from escalating further.
- In primary schools I work with parents via one to one sessions, to help them in supporting their child with anxiety and/or challenging behaviour. Evidence suggests that working directly with parents of primary school aged children has a longer-term impact.
- In secondary schools I work directly with the young person who is experiencing anxiety or low mood.
- Our team are also able to offer workshops, group-work, assemblies, drop-ins, or general signposting to other services.
- For more information about the MHST service, please speak to the school's mental health lead.