



MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust



Whole School Approach: MHST offer 2025/2026

[HTTPS://WWW.CYPSOMERSEHEALTH.ORG/HANDBOOK-](https://www.cypsomersehealth.org/handbook-)



[BIT.LY/MHSTINFO](https://bit.ly/mhstinfo)

[BIT.LY/YOUNGSOMERSETMHST](https://bit.ly/youngsomersetmhst)



SOMERSET MHST

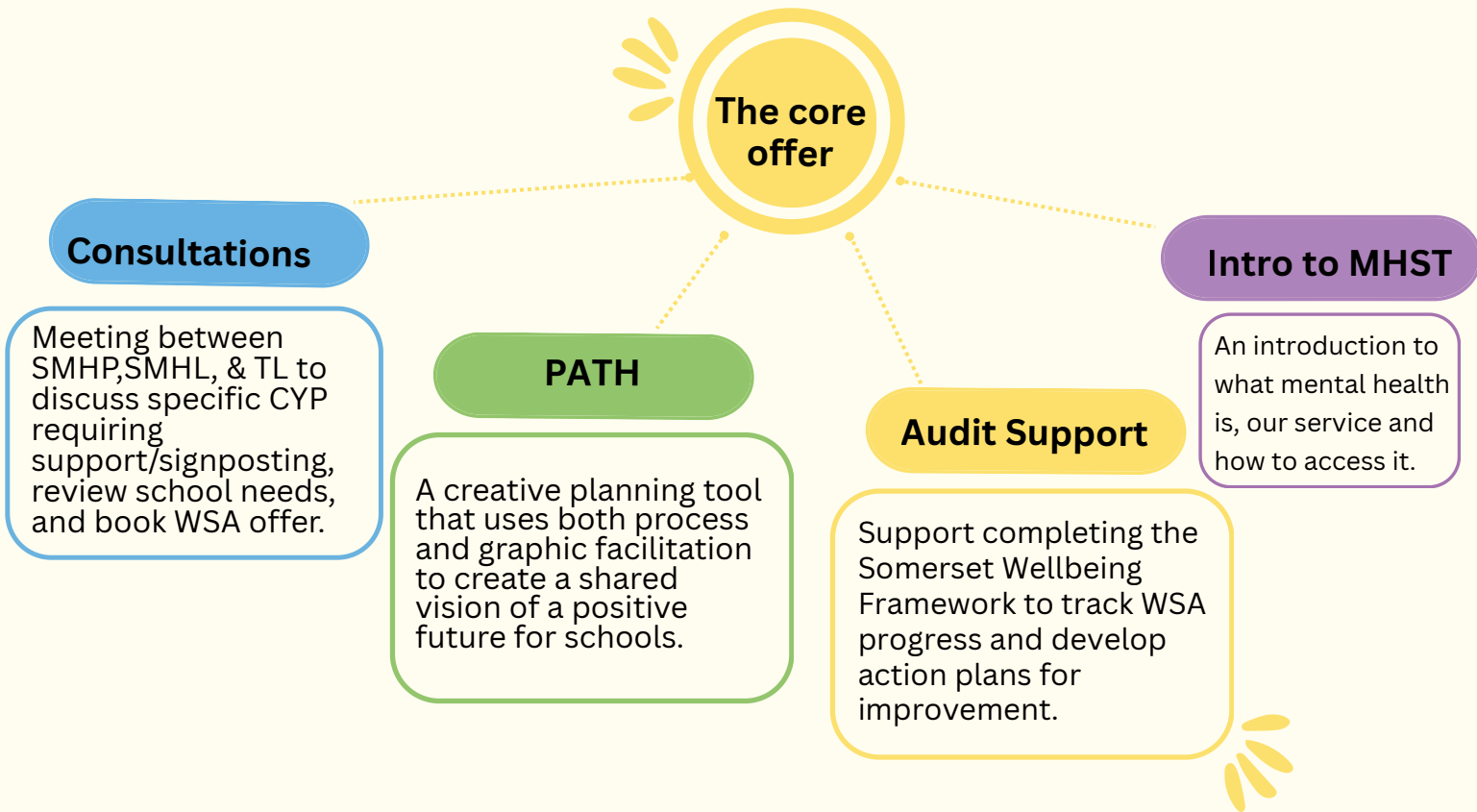
@SOMERSETMHST



Whole school approach activities:

The core offer

The Core offer is the beginning of your schools journey and helps you identify need within your school:



Graduated offer:

The graduated offer is here to support children and young people, their parents/carers and school staff. You can see the full offer on the next page. When a need is identified in school, the support is offered in three stages:

Promotion:

Activities that build awareness, knowledge, and skills to promote positive mental health and wellbeing for all children and young people.

Prevention:

Early support that reduces the risk of mental health difficulties developing or worsening

Group Intervention:

Support for children and young people experiencing difficulties, sometimes delivered through parents/carers.



Children & Young People

Assemblies and Workshops:

- Introduction to MHST
- Understanding Emotions
- Mental Health & Wellbeing
- Transitions
- Coping with Exams

Workshops and Groups:

- Understanding Anxiety and Low Mood
- Wellbeing Champions
- Short Anxiety Group
- Short Low Mood Group
- Coping with Exams

- Coping Cat
- Mind & Mood



Parents & Carers

Workshops:

- Parent Evenings and Coffee Mornings
- Introduction to MHST and Supporting Mental Health and Wellbeing
- Supporting Big Emotions
- Supporting Change in Transition
- Coping with Exams: A Parent's Role

Workshops and Groups:

- Tuning into Kids/Teens
- Dads Tuning into Kids
- Raising Children who Bounce Back
- Supporting your Child with Everyday Challenges
- Understanding Anxiety and Low Mood

- Parent-Led CBT
- Behaviour as Communication



School Staff

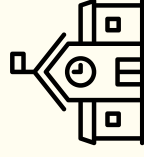
Workshops:

- Introduction to MHST
- Supporting Big Emotions
- Supporting Mental Health and Wellbeing

Workshops:

- How to Refer
- Emotion Coaching
- Consultations
- Understanding Anxiety and Low Mood

Webinars



- Practitioner presence
- School website
- Posters
- Social media
- Community days

Promotion



Prevention



Group Intervention