

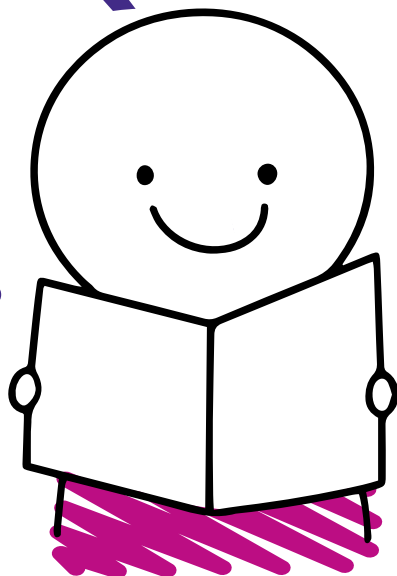
Herts & West Essex
Mental Health Support Teams



Hertfordshire
Partnership University
NHS Foundation Trust

Mental Health Support Team (MHST)

A Young Person's Guide to an Initial Assessment



Our  values
Welcoming Kind Positive Respectful Professional

A Young Person's Guide to an Initial Assessment



What is a Mental Health Support Team Initial Assessment?



60-90 minute session



Helps us to get to know each other and to understand the support you may need



We will meet with you in a private space in your educational setting



You can choose to attend alone or with a parent/carer or family member



Consent and information sharing

We require parental consent for all young people under the age of 16 years old before we meet at assessment. Your practitioner will discuss this with you and your parent/carer on the phone to gather information about you and will provide the necessary forms.

If you are 16+ you can consent for yourself without parental consent or knowledge. We will ask for your permission to share relevant information with parents/carers about your care.

We may need to share information without your consent if we have concerns in relation to your safety or the safety of others. We will always try to discuss this with you first before passing information on, this may include parent/carers, local agencies or your educational setting safeguarding team.



What do we discuss in an Initial Assessment?

At the start of the meeting, we will create an agenda together to ensure you will be given the opportunity to discuss what is important to you, this will include:





What happens after an Initial Assessment?

It might be that after completing an assessment with us we are able to help you through one of our guided self-help interventions such as:

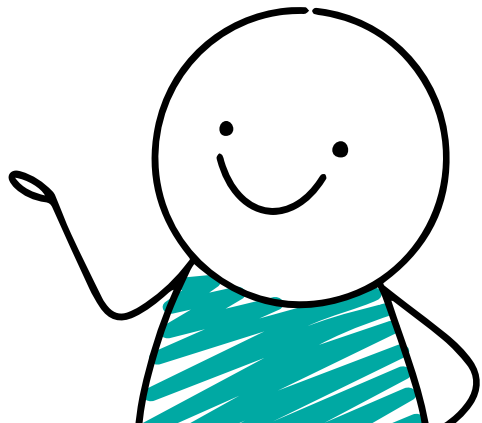
- **Worry management:** for young people experiencing persistent worries (11 +)
- **Graded exposure:** (facing feared situations step by step) for young people who may be avoiding certain situations, objects or places (11+)
- **Panic Management:** for young people experiencing strong bodily sensations that accompany fears and worries (11+)
- **Brief Behavioural Activation:** for young people to explore and develop helpful coping strategies specific to improving low mood (11+)

We will work directly with you, but it may be helpful to involve parent/carers where we can to support you outside of your sessions.

We can support young people with additional needs, up to the age of 25.

If we are unable to offer you support from our service, we give advice, guidance and signpost you to other agencies who may be able to better support your needs.

After an Initial Assessment, we will write to your GP and school/ college to inform them that we have met and advise of the agreed support plan going forward.





How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.



How can I request support from the MHST?

Speak to the Designated Mental Health Lead (DMHL) at your school/college who can refer you to our service.

Or fill in your details below and hand this to a trusted member of staff who will pass this onto the DMHL.

The Mental Health Support Team is not an emergency service and is unable to provide urgent or crisis care. If a child or young person is in crisis, you should:

- Call Freephone 0800 6444 101 (Single Point of Access (SPA) 24/7 Mental Health Helpline)
- NHS 111 and select option 2 for mental health service
- If they are seriously ill or injured, dial 999 for the emergency services or attend A&E





Student name:

Intervention: MHST Initial Assessment • **Date:**

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