



<p><b>Who are Bolton Mental Health Support Team (MHST)?</b></p>	<p>We are a team working in schools across Bolton to help children and young people with mental health difficulties.</p> <p><b>Our goals are:</b></p> <ol style="list-style-type: none"> <li>1. To deliver 1:1 and group interventions to children, young people, and parents.</li> <li>2. To work with teachers to develop whole-school approaches to improve everyone's mental health.</li> <li>3. To give advice to school staff to help children get the right support.</li> </ol>
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How can we help?

We are trained to work with children and young people who may start to experience symptoms of:

- Anxiety
- Worry
- Low Mood
- Separation Anxiety
- Social Anxiety
- Sleep Hygiene
- Specific Phobias.

We also provide:

- Parent-Led Interventions focusing on Anxiety and Mild Behaviours,
- Group Work Projects in Schools,
- Support and Advice to Schools,
- Mental Health Assessments,
- Cognitive Behavioural Therapy (CBT) Informed Interventions,
- Workshops and Training for Children, Parents, and Teachers,
- Whole School Approach.

## Meet the Team



### Key Information

1. Please note, we are not a crisis service.
2. If you feel you or your child would benefit from support from Bolton MHST, please speak to your Mental Health Lead regarding a referral.
3. For urgent support from Greater Manchester Mental Health 24/7 Helpline, please contact 0800 953 0285.
4. If you feel like you or your child is in crisis, please attend A&E or call 999 for support.

### Useful Resources

- For professionals, parents and young people, you can seek support from Be Kind To My Mind at <https://www.bekindtomymind.co.uk>
- For professionals, parents and young people, you can also seek support from Young Minds at <https://www.youngminds.org.uk>