

Frequently Asked Questions

What is Mental Health?

Mental health is a state of wellbeing; it is just as important as physical health. How you deal with the stresses of daily life can depend on the state of your mental health.

Sometimes you may need additional support to help manage difficulties and overcome difficult thoughts and feelings. It is during these times you may consider making a referral to a mental health team.

How does the MHSTs differ from Bucks CAMHS?

The MHSTs draw upon the collective expertise and resources of care providers that usually operate as stand-alone services. Staff in the MHST have the unique opportunity to work within the school environment, helping to bridge the gap between education and mental health care.



“Because peer mentors are students, I feel as though I can connect with my mentor. I guess it means we are able to understand each other very well and I am very comfortable discussing my thoughts and feelings with my mentor.”

Peer Support User

How to contact Bucks MHST:

Operating Hours:

Monday – Friday

09:00 – 17:00hrs

(excluding Bank Holidays)

Telephone: **01865 901566**

REFERRALS

Bucks North (Aylesbury)

MHSTAylesbury@oxfordhealth.nhs.uk

Bucks South (Wycombe)

MHSTHighWycombe@oxfordhealth.nhs.uk

Operational Enquiries Only

bucksmhst@oxfordhealth.nhs.uk



Bucks Mental Health Support Team (MHST)

National Trailblazer 2019/2020



The Bucks Mental Health Support Team (MHST) is an exciting service that delivers a collaborative, system-wide approach to support the mental wellbeing of children and young people in educational settings.

Buckinghamshire has two MHSTs that operate from bases in High Wycombe (South Bucks) and Aylesbury (North Bucks).

Each MHST is composed of specialist Education Mental Health Practitioners (EMHPs), Youth Workers, Family Workers and Peer Support Educators, providing multi-agency support to deliver evidence-based interventions to Children & Young people with mild to moderate mental health difficulties.

“Through working with clients, I have seen the benefits of early interventions... an increase in self-esteem and self-awareness...”

EMHP | Bucks MHST

Who is in the MHST?

Education Mental Health Practitioners

We deliver short term, low intensity Cognitive Behavioural Therapy (CBT) informed interventions for children and young people with anxiety and/or low mood.

CBT is a talking therapy that can help people manage difficulties by changing the way they think and behave. It provides practical strategies and techniques to help manage mental health difficulties. To help manage anxiety, EMHPs work individually with young people and their parents/carers. We also offer group interventions and psycho-education workshops.

Family Workers

We work with the entire family often in the family home and offer courses on parenting.

We draw on ideas from The Incredible Years parenting programme which aims to address young people's behavioural difficulties and promote their social, emotional and academic competence.

Youth Workers

We work with children and young people on a range of difficulties to improve their feelings and support them to achieve their goals. We support young people to develop their confidence, resilience and wellbeing.

Youth workers work with children and young people on their own or in a group setting and sessions are usually held in schools.

Peer Support Educators

We work in schools and provide mental health awareness training and ongoing support sessions for students to enable them to become Peer Support Mentors. Working directly with children and young people we empower students to support each other's mental health to build resilience and promote self confidence and self-esteem. We support the school ethos and get to heart of breaking down mental health stigma and discrimination.

Referral Criteria

MHSTs offer sessions to children and young people experiencing anxiety and/or low mood and extend support to parents whose children are facing these challenges. MHSTs are not an urgent care service, and do not work with children and young people posing significant risk to themselves or others.

Making a referral

If you would like support from the MHST, please speak to your school who will make a referral to our team.

Each school has a nominated Senior Mental Health Lead (SMHL) or School Link Worker who leads in referring students to the MHST. Staff at schools are encouraged to discuss cases with their allocated EMHPs and follow the referral process. All referrals are confidential.

Parental consent is encouraged below the age of 12, however consent is not a barrier to use of service and self-referral for older children is welcomed. Buckinghamshire Mind does not require any parental consent.