

MHST

*Making emotional wellbeing
accessible to all.*

The Mental Health Support Team (MHST) work within schools providing additional emotional wellbeing support to children, young people, their families and the schools they go to.

Contact our team at MHST@talkofftherecord.org

 **Are you OK
Croydon?**

cdi You Talk,
We Listen
Croydon Drop In

TALK TO US

**OFF
THE RECORD**



Our MHSTs are working with schools in Croydon offering to keep emotional wellbeing and emotional health at the heart of our community.

We help by offering:

PRIMARY SCHOOL

1:1 Parent/ carer support

- Managing anxiety (ages 5-11)
- Managing behaviour (ages 5-8)

Group emotional wellbeing sessions for children

Online parent workshops

Counselling for children

SECONDARY SCHOOL

Support for low mood and anxiety

Online workshops

Emotional wellbeing group sessions for young people

Counselling for young people

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