

Mental Health Support Team (MHST)

Who are the Mental Health Support Team (MHST) information video's for young people

Our website offers a variety of videos to help you understand who we are, what we do, and how to refer in to the MHST. Here's a quick overview of the content:

Introduction to the MHST: Learn about who we are, what do the MHST do? and the services we provide.

How to Refer: A step-by-step guide on referring a young person to our team.

Involvement Champions: Hear from young people themselves as they share their experiences of being supported by the MHST, How did you feel at your first session?, How were you feeling when you needed help?, What was their experience of being treated by the MHST? and How did you ask for help?

How is therapy conducted? How would a young person refer?, What can I expect in my first session?



Please click

<https://www.nottinghamshirehealthcare.nhs.uk/mhst-young-people>



Scan the above to access the
MHST web page Young people