

	Mental Health Support Team	My Time	LINK Social Prescribing
What they do and who they work with	Mental Health Support Teams are government funded and designed to support the needs of children and young people in primary and secondary education settings. Mental health promotion, prevention and early identification are at the heart of MHST work. Functions are to deliver evidence-based interventions using a Cognitive Behavioural Therapy approach, develop Whole School Approach to mental health alongside Senior Mental Health Lead in school, and liaise with specialist services to advice and signpost appropriate support for CYP. MHST support children and young people aged 4-18 years (up to aged 25 for SEND) with mild to moderate emotional and mental health needs.	MyTime is part of the CAMHS service provision for children and young people aged 5-18yrs needing emotional health and wellbeing support. My Time work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression through Person Centred Counselling, CBT and creative techniques. My Time work by putting the young person at the heart of the intervention and focus on what they do well, as well as what they have in their power to change, calling on the various systems such as family and schools, to support the desired changes.	LINK is a Social Prescribing Service for Children and Young People aged 5 to 19 in Cumbria. LINK works alongside GP practice teams in Carlisle, Penrith & Eden, Keswick & Solway and Longtown & Brampton Primary Care Networks (PCN), to support children and young people with their emotional health and wellbeing in their community. LINK is a personalised service - every child and young person works with a link worker to establish what is important to them as individuals and to find a solution that works for them. Children and young people must be registered to a GP surgery or attend a school within one of the above PCN areas and can be referred into the Service by their GP, other healthcare professional or professional at school.
Area of support	- Anxiety / Panic - Worry Management - Low Mood - Low Self Esteem - Sleep difficulties - Certain phobias Self-Harm & Suicide Ideation: - None to very low risk (emerging presentation)	- Anxiety - Anger - Low Mood - Self-Harm - Depression	- Confidence & low self-esteem - Social Isolation - Peer difficulties - School related worries - Community Engagement - Future goal setting - Developing resilience - Worry management - Family relationships - Coping with stress & mild anxiety
Offer	1:1 support - Assessments - Cognitive Behavioural Therapy (CBT) - Face to face sessions - Group support - Parenting programmes - Referrals to other services - Therapy - Training	* Counselling: 6-8 sessions Therapists work within the CSSO model but will integrate various approaches such as person centred, CBT interventions and creative techniques. * Play Therapy Techniques: play is used as a means of helping children express or communicate their feelings.	* 1 to 1 support with a Link Worker * Assessment tools based on Signs of Wellbeing * Drop-in Wellbeing Groups in various settings. * Working widely with other community groups

