



Mental health. It's what we do.

In partnership with



"I really enjoyed the sessions and found them very helpful. I feel I have a good knowledge of how to help my child."

Parent of young person

Contact us

Mental Health Support Team
24-26 Commercial Street
Halifax
HX1 1TA
01422 300001
northpoint.org.uk

NORTHPOINT



Calderdale Mental Health Support Team (MHST)

Information for parents and carers

Who are we?

The Mental Health Support Team (MHST) is made up of qualified and experienced practitioners.

We work in partnership with schools and other services to offer a wide range of wellbeing support for children, young people, and the adults who support them.

We can help with your child's emotional and mental health difficulties, using a range of individual and group interventions.

What we do

We work in primary and secondary schools on a short-term basis, with children and young people aged 5 to 18, to improve their mental health.

We also help support parents, carers and schools

We can support your child with difficulties including:

- Low mood
- Anxiety
- Worry management
- Mild behavioural difficulties

Find out more by visiting our [website](#)

How can I get support for my child?

If you have concerns about your child:

- Speak to the school's mental health lead or coordinator
- They may be able to make immediate recommendations, or can seek advice from MHST
- Self-refer from the [Open Minds website](#)
- Support from MHST may involve us working directly with your child, or suggesting another service to best meet their needs