

Warrington Mental Health Support Team (MHST)

Information for young people



For more information contact:

Warrington Mental Health Support Team
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Tel: 01925 664 120

**Web: [www.merseycare.nhs.uk/
mhst-warrington](http://www.merseycare.nhs.uk/mhst-warrington)**



Who we are...

Warrington Mental Health Support Team (MHST) is an NHS service which is working with 40 schools in Warrington to support their pupils' emotional, behavioural and mental health and wellbeing.

The MHST is here to help you build resilience and teach you skills so you can take care of your own mental wellbeing.

The service is made up of a number of mental health professionals and each school has been assigned a practitioner from the MHST. Your school's practitioner will be able to help if you need any support with your emotional or mental wellbeing, such as:

- **One-to-one sessions and group support to help you deal with issues like worry, panic or low mood**
- **The MHST can help with most things but if you need any more specialised support, they will be able to refer you onto other local services that can help, like child and adolescent mental health services (CAMHS)**

- **Delivering training to your teachers and other school staff to help them better support you and your classmates with your mental and emotional wellbeing**

- **Giving advice and guidance around issues like bullying and coping with exam stress**

How can I get help support from the MHST?

If you are struggling with your mental or emotional wellbeing, the Mental Health Support Team (MHST) is here to help.

If you are...

- **Feeling worried or anxious**
- **Having panic attacks**
- **Feeling down or depressed**
- **Having thoughts about harming yourself**

Don't try to cope on your own – talk to a teacher or someone you can trust, who will be able to refer you onto the MHST for support.

What if I need urgent help?

If you need urgent / emergency mental health support at any time, you can contact Warrington's 24/7 mental health crisis line on 0800 051 1508 (Freephone). This helpline is for people of all ages living in Warrington.

This might be because:

- **You feel like you are struggling to cope and need help right away**
- **You are thinking of or planning to act on thoughts about harming yourself**
- **You are having thoughts about taking your own life**

If you are experiencing any of these, don't put off getting help. Call the mental health crisis line right away, who will be able to get you the help you need as quickly as possible.