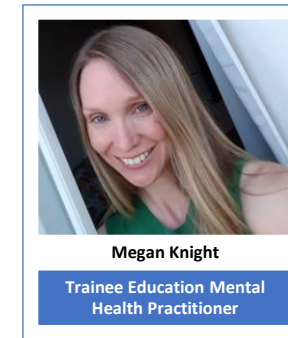
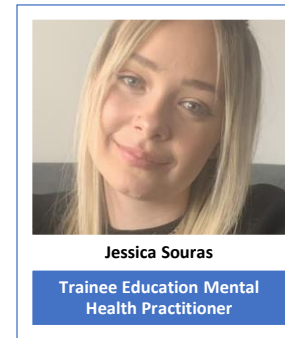
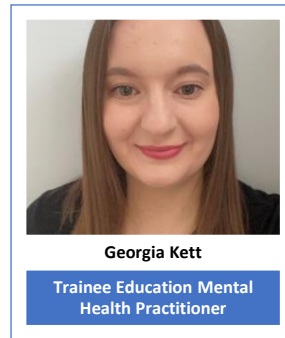
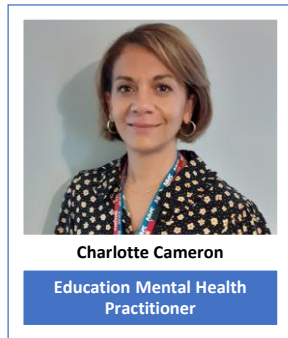
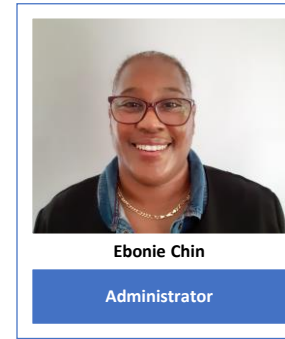
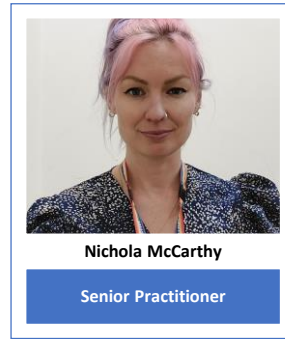
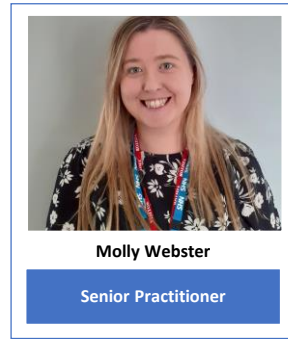
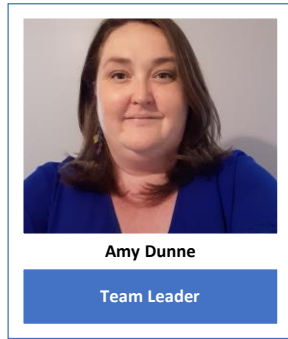


Mental Health Support Team - Broxbourne



Since April 1st 2022- December 31st 2022 we delivered interventions to **399** children, young people and parent/carers in 1:1 and group settings.

We have seen an additional **2103** through our workshops.

The Broxbourne Mental Health Support Team (MHST) help and support children and young people, in school, with mild to moderate anxiety, low mood and emotion regulation.

We deliver group work & workshops for parents, staff and students as well as 1:1 guided self help interventions for students across the following 20 schools

We use low intensity cognitive behavioural strategies to challenge thought processes associated with anxieties, worries, emotions & behaviours. We also offer tools for coping and distraction techniques to support the journey of change. MHST interventions typically last 6-8 weeks.

If you would like to know more please contact us for a discussion or speak to your school mental health lead about making a referral.

Primary	Secondary and Further Education
Dewhurst St Marys Primary	Goffs Academy
Downfield Primary	Goffs Churchgate Academy
Forres Primary	Hailey Hall
Holdbrook Primary	Haileybury Imperial Service College
Holy Trinity CE Primary	HRC Ware & Broxbourne
Hurst Drive Primary	John Warner
St Catherines C of E School	Presdales
St Francis of Assisi	Rivers ESC
St Josephs Catholic Primary	Robert Barclay Academy
Wormley Primary	The Broxbourne School

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