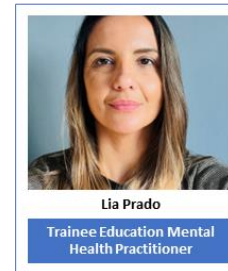
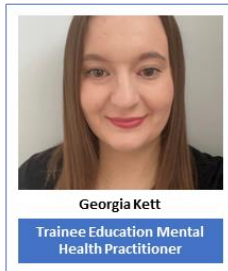
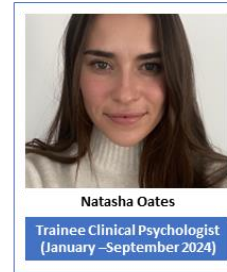
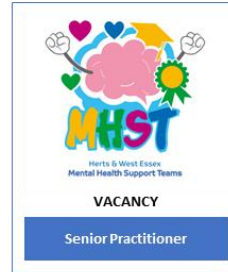
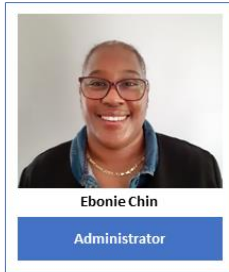


Mental Health Support Team - Broxbourne



Primary	Secondary and Further Education
Dewhurst St Mary's Primary	Goffs Academy
Downfield Primary	Goffs Churchgate Academy
Forres Primary	Hailey Hall
Holdbrook Primary	HRC Broxbourne
Holy Trinity CE Primary	HRC Ware
Hurst Drive Primary	John Warner
St Catherine's C of E School	Rivers ESC KS3 (Hertford)
St Francis of Assisi	Rivers ESC KS4 (Hoddesdon)
St Joseph's Catholic Primary	Robert Barclay Academy
Wormley Primary	The Broxbourne School

Mental Health Support Team Broxbourne (MHST) is a non-diagnostic service who help and support children and young people in schools with mild to moderate symptoms of anxiety, low mood, emotion regulation and/or behaviours that challenge.

We deliver 1:1 and group guided self-help interventions to children, young people and parents/carers. MHST interventions typically last 6-8 sessions. We offer Whole School Approach activities including workshops, PSHE lessons, assemblies ect. to children, young people, parents/carers and staff across 20 schools in Broxbourne.

We use low intensity and cognitive behavioural strategies to challenge unhelpful thoughts and behavioural processes associated with anxieties, worries and emotions. We also offer helpful, healthy and safe coping skills to support the journey of change.

If you would like support or further information about MHST service, please email: hpft.mhstbroxbourne@nhs.net or speak to your school's Mental Health Lead about making a referral.

Since 1st April 2023, MHST have delivered interventions to **282** children, young people and parent/carers in 1:1 and group settings.

We have seen an additional **1770** through our workshops.