




Mental Health Support Team Broxbourne




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Primary schools	Secondary schools & Further Education
<p>Dewhurst St Mary's C of E Primary Forres Primary School Flamstead End Primary Holdbrook Primary School Holy Trinity C of E Primary Hunsdon JMI School St Augustine's Catholic Primary St Catherine's C of E Primary St Joseph's Catholic Primary Wormley Primary</p>	<p>Goffs Academy Goffs Churchgate Hailey Hall Haileybury Turnford HRC Broxbourne HRC Ware John Warner Rivers ESC (Hoddesdon) Robert Barclay Academy The Broxbourne School</p>

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 etc. 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 2025, MHST have delivered interventions to **638** children, young people and parent/carers in 1:1 and group settings.

We have seen an additional **2670** through our workshops.