



Mental Health Support Team
Nottinghamshire Healthcare NHS Foundation Trust
Underwood House
Highbury Hospital
Nottingham
NG6 9DR

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Tel: 0115 876 0167

Dear Parent/Carer,

We would like to take the opportunity to introduce ourselves and explain the mental health services we offer through your child's school.

We are the school's Mental Health Support Team (MHST) and can offer mental health support through CBT (Cognitive Behavioural Therapy) based work with children and young people. This work can be done individually or in groups. We also work with school staff and parents to support their children and students.

If your child has been experiencing low mood, anxiety or has a significant concern about their mental health, they can access our service through self-referral or by talking with your school's mental health lead to support them with this.

You can also support your child to self-refer from home using the following web address: www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral or by calling our Single Point of Access (SPA) on: 0115 854 2299.

If you have any queries, please don't hesitate to contact us.

Yours Sincerely,

Broxtowe MHST