

Alliance Psychological Services: MHST School Website

In partnership with Tees, Esk & Wear NHS Foundation Trust and Changing Futures North East, Alliance Psychological Services leads on the delivery of 3 Mental Health Support Teams (MHST) supporting 60 educational settings across Stockton and Hartlepool.

The Mental Health Support Teams have 3 core functions

- To deliver evidence-based interventions for mild-to-moderate mental health issues;
- To support the senior mental health lead (where established) in each school or college to introduce or develop a whole-school or college approach and;
- To give timely advice to school and college staff, and liaise with external specialist services to help children and young people to get the right support and stay in education.

As a MHST school, you will have admission to our [school portal](#) where you will be given access to a range of FREE resources to support your educational setting in developing a whole school approach to mental health and wellbeing.

We have developed our models of working to support local transformation of Children & Young People's Mental Health Services, developing and delivering our services in line with the [I-Thrive Framework](#)

For more information team at your school or visit our website for more information www.alliancepsychology.com/young-people/