



<p>Who are Bolton Mental Health Support Team (MHST)?</p>	<p>We are a team working in schools and colleges across Bolton to help children and young people with mental health difficulties.</p> <p>Our goals are:</p> <ol style="list-style-type: none"> 1. To deliver 1:1 and group interventions to children, young people, and parents. 2. To work with teachers to develop whole school/college approaches to improve everyone's mental health. 3. To give advice to school/ college staff to help children get the right support.
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How can we help?

We are trained to work with children and young people who may start to experience symptoms of:

- Anxiety
- Worry
- Low Mood
- Separation Anxiety
- Social Anxiety
- Sleep Hygiene
- Specific Phobias.

We also provide:

- Parent-Led Interventions focusing on Anxiety and Mild Behaviours,
- Group Work Projects in Schools,
- Support and Advice to Schools,
- Mental Health Assessments,
- Cognitive Behavioural Therapy (CBT) Informed Interventions,
- Workshops and Training for Children, Parents, and Teachers,
- Whole School Approach.

Meet the Team



Key Information

1. Please note, we are not a crisis service.
2. If you feel you or your child would benefit from support from Bolton MHST, please speak to your Mental Health Lead regarding a referral.
3. For urgent support from Greater Manchester Mental Health 24/7 Helpline, please contact 0800 953 0285.
4. If you feel like you or your child is in crisis, please attend A&E or call 999 for support.

Useful Resources

- For professionals, parents and young people, you can seek support from Be Kind To My Mind at <https://www.bekindtomymind.co.uk>
- For professionals, parents and young people, you can also seek support from Young Minds at <https://www.youngminds.org.uk>