

Who are Bolton Mental Health Support Team (MHST)?	We are a new team working in schools across Bolton to help children and young people with mental health difficulties. Our goals are: 1. To deliver 1:1 and group interventions to children, young people, and parents. 2. To work with teachers to develop whole-school approaches to improve everyone's mental health. 3. To give advice to school staff to help children get the right support.

How can we help?

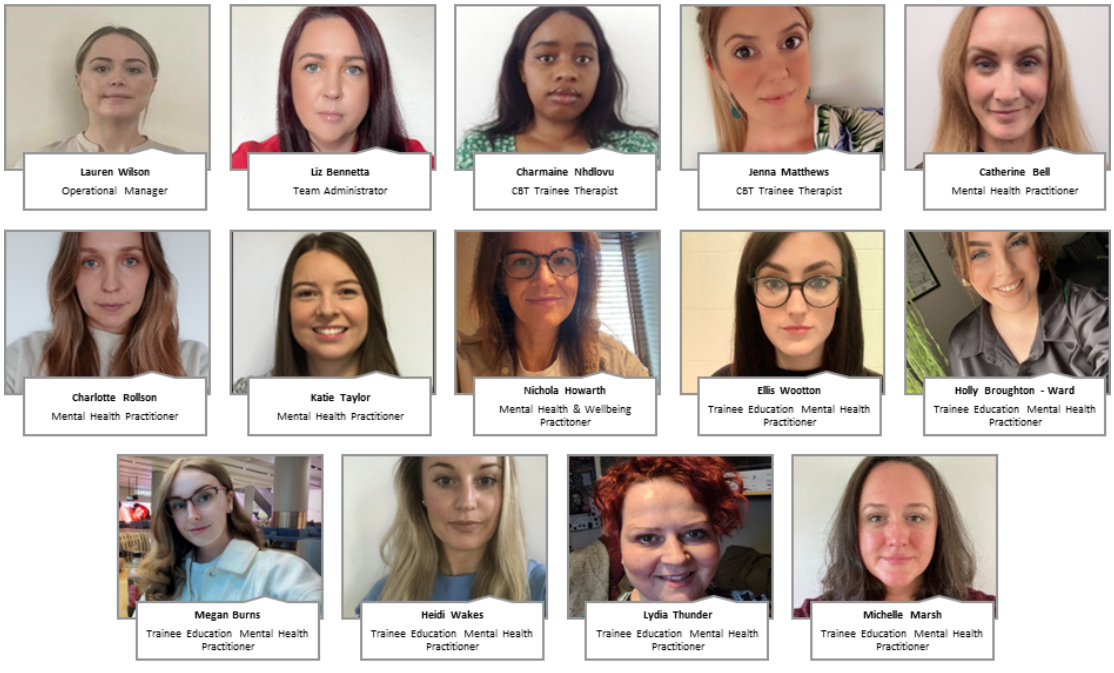
We are trained to work with children and young people who may start to experience symptoms of:

- 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



Your School's Allocated Practitioner is: **Ellis Wootton**

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