

# Make a self-referral to the Mental Health Support Team

## Are you:

- A young person aged 13-18 years.
- A parent/carer of a primary or secondary school child.
- A professional wanting support for a primary or secondary school child.



Scan Me!

## Looking for support?

If you or your child attends a school that is supported by a Mental Health Support Team (MHST), you can make a self-referral to the MHST, and they may be able to support you with mild to moderate mental health difficulties. This includes:

- Low mood
- Anxiety/Worry
- Challenging behaviour

To check whether you or your child attends an MHST school, to find out more about the service or to make a referral, please scan the QR code or visit -

**[cambspborochildrenshealth.nhs.uk/MHST-referral](https://cambspborochildrenshealth.nhs.uk/MHST-referral)**

If your school is not listed as an MHST school, please visit [www.cpft.nhs.uk/youunited/](https://www.cpft.nhs.uk/youunited/) to find out more about YOUNited or to make a referral.

## Who to contact in a crisis:

If you think you or someone else is experiencing a mental health crisis, call NHS First Response Service on **111** and select the mental health option to speak to an NHS professional.

For life-threatening emergencies call **999**.