

Eastleigh CAMHS Mental Health Support Team (MHST)

Clinical Team Lead and High Intensity CBT Therapist



Lindsey Knight

Your School Mental Health
Lead is....

Trainee High Intensity CBT
Therapist



Sam Allen

Your link EMHP is....

Education Mental Health Practitioners



Katy Harper



Agnieszka Hegazy



Trainee Education Mental Health Practitioners



Habiba Khan



Jo Moroney

Please speak with your school's mental health lead as
a first step for support



Who we are



- We work for and on behalf of Hampshire CAMHS' Early Help Service (the "Getting Help" part of the Thrive Model!) Mental Health Support teams are typically made up of high-intensity CBT Therapists, Senior Wellbeing Practitioners, and Education Mental Health Practitioners (EMHPs).
- We work with children and young people with mild to moderate mental health needs (such as anxiety, low mood or behavioural difficulties); This can be delivered via groups, 1-1 interventions, or parent led work.
- We also work with school staff to support with whole school approaches to mental health and wellbeing. This helps to bridge the gap between health and education services and to provide early help. We are really looking forward to creating successful partnerships with parents and school staff, alike!

Our link schools



Secondary

Wyvern College

The Hamble School

Crestwood Community School

Toynbee School

Primary

Shakespeare Infant School

Shakespeare Junior School

Bursledon Infant and Junior School

Stoke Park Infant School

Stoke Park Junior School

The Crescent Primary School

Cherbourg Primary School

Useful links

- [Hampshirecamhs.nhs.uk](https://www.hampshirecamhs.nhs.uk)
- www.YoungMinds.co.uk
- Text "Shout" to 85258 for free confidential text support at any time, day or night
- www.kooth.com for 1-1, anonymous and online counselling support
- Back to Basics for Families
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>

We are part of the CAMHS' Early Help Service; imagine this as a gate before you reach the house of Specialist CAMHS. We are a Cognitive Behavioural Therapy (CBT) pathway for children and young people with mild to moderate symptoms of mental health and/or behavioural difficulties. Following an MHST suitability assessment, we can also transfer people over to our specialist CAMHS team, if a higher level of support is felt to be needed.

