

Christine Taylor

*High Intensity CBT
Practitioner*



Lindsey Knight

*High Intensity CBT
Practitioner &
Clinical Team Lead*



Emily Mottram

*Education Mental
Health Practitioner
(EMHP)*



Meet the

EASTLEIGH



Mental Health Support Team (MHST)



*Speak to your school's mental health lead today to get started with
getting some support!*



**Agnieszka
Hegazy**

*Education Mental
Health Practitioner
(EMHP)*



Jo Moroney

*Education Mental
Health Practitioner
(EMHP)*



Habiba Khan

*Education Mental
Health Practitioner
(EMHP)*

Who Are We?

What do We Do?

We are part of the West Mental Health Support Team (MHST), made up of High Intensity CBT Therapists (HI CBT) and Education Mental Health Practitioners (EMHPs). We provide additional support for children and young people experiencing mild to moderate mental health difficulties, such as anxiety, low mood, or behavioural challenges. Support can be offered through 1:1 interventions, group work, or parent-led work for younger children.

Where We Fit in the Service

We are part of the CAMHS Early Help Service, providing support, advice, and interventions for children and young people with mild to moderate mental health needs. We work with those who may not meet the threshold for specialist CAMHS support, helping to bridge the gap between education and mental health services. If, during assessment, it is identified that a higher level of support is needed, we can refer to CAMHS.

Eastleigh Link Schools

Primary Schools

Shakespeare Infant
Shakespeare Junior
Bursledon Infant
Bursledon Junior
Stoke Park Infant
Stoke Park Junior
Crescent Primary
Cherbourg Primary
Netley Abbey Infant
Netley Abbey Junior

Secondary Schools

Wyvern College
The Hamble School
Crestwood Community
Toynbee School

We are really looking forward to creating successful partnerships with parents and school staff alike!



Kooth – Free online mental health support for young people. www.kooth.com

Hampshire CAMHS – Information about local CAMHS services, hampshirecamhs.nhs.uk

YoungMinds – Mental health advice for young people and families. www.youngminds.org.uk

Shout – 24/7 text support. Text SHOUT to 85258.

Childline – Free confidential support. Call 0800 1111

Samaritans – 24/7 emotional support. Call 116 123

Anna Freud – Mental health information and resources www.annafreud.org

Mental Health Green Paper – Government information on children's mental health support. www.gov.uk

MENTAL HEALTH
SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.

hampshirecamhs.nhs.uk

NHS