



**Believe in  
children**



**Barnardo's**

**Chetwynde School  
Furness Academy  
Morecambe Bay Academy  
Bay Leadership Academy  
Mossgate Primary School  
Overton St Helens Primary  
Sandylands Primary  
West End Primary  
St Patricks Catholic Primary  
Grosvenor Park Primary**

**Morecambe Bay MHST**

Morecambe Bay Mental Health Support Teams  
Stricklandgate House  
92 Stricklandgate  
Kendal  
Cumbria  
LA9 4PU  
Tel. (01539) 742626

Dear Parent/Carer,

I am writing to introduce you to the Mental Health Support Team (MHST) that will be working in your child's school. There are two MHST teams that have been commissioned by the NHS; one will be based in the Furness communities, and the second in the Morecambe and Heysham communities. The service will be provided by Barnardo's and will be present in the schools listed at the top of this letter.

Each team has a Team Leader, two Senior Practitioners (Cognitive Behaviour Therapy trained) and four Education Mental Health Practitioners (EMHP's).

The teams can support children and young people with their emotional health and wellbeing by providing one to one care with difficulties such as:

- Low Mood and Depression
- General Anxiety
- Social or Separation Anxiety
- Health Anxiety
- Panic
- Obsessive Compulsive Difficulties (OCD)

The teams can also support children, young people, parent/carers and all staff members of the school community with areas of emotional life such as:

- Relationships
- Difficult Emotions such as Anger, Sadness, Hurt
- Behaviour
- Learning
- Sleep
- Resiliency



Your child's school has agreed to the team being part of their school community to support the emotional wellbeing of their pupils. The Senior and Pastoral Leaders at your child's school are aware how help can be sought from the MHST Practitioners and will seek advice from you about any child or young person they think would benefit from a referral. Young people over the age of 13 can seek support for themselves within school also.

If you believe that your child would benefit from emotional health support, then please contact your child's school and ask to have a conversation with them about this. We are very pleased that the service will begin to operate from Monday 4 May 2020 in the schools identified in this letter.

The MHST teams recognise we will need to work closely with you, with your child and with your school, to ensure we help and support you all safely given the COVID19 situation. We will endeavour to provide care that is flexible and appropriate to each person's needs and are happy to talk this through where helpful. Support can be offered by phone and online as part of your child's care. Face to face sessions will be offered once this has been recommended by both education and health officials.

The Mental Health Support Teams are looking forward to working with your child's school and the children, young people, parent/carers and school staff who are part of their school community.

With kindest regards,

Emma Akrigg  
Children's Service Manager  
For and on behalf of the Morecambe Bay Mental Health Support Teams