

Hillingdon MHST Self-Referral Information



Central and
North West London
NHS Foundation Trust



Who We Are

Mental Health Support Teams (MHSTs) primary goals include offering evidence-based interventions for children and adolescents with mild to moderate mental health concerns, to aid in their education.

The service is active in various schools in Hillingdon and aims to enhance mental health assistance for the youth. **Please note we are only able to offer support to students attending the schools listed below (and their parents).**

Research shows a clear link between adult mental health challenges and experiences during childhood or adolescence. Teenagers who have faced common mental health disorders are at least two and a half times more likely to encounter mental health issues in adulthood compared to those who didn't. However, providing early support can help prevent future mental health issues.



What We Do

We provide both individual and group interventions with a focus on low intensity, effective methods for children, adolescents, and their families facing the following challenges:

- **Adolescent Anxiety:** Addressing worries, nervousness, and panic attacks. Learn techniques to manage anxiety, reduce worry, and confront fears.
- **Adolescent Low mood:** Supporting those feeling down and lacking motivation. Understand low mood, engage in valued activities, and manage negative thoughts.
- **Parent-Led Child Anxiety:** Assisting parents with children experiencing excessive worry or shyness. Learn techniques to boost confidence, decrease worry, and comprehend anxiety.
- **Parent-Led Behavioural difficulties** (for primary school-age children only): Helping parents learn techniques on emotional management, setting boundaries, understanding challenging behaviour, and fostering resilience in children.



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How to Refer

To self-refer for MHST support, please request a **digital fillable PDF** referral form or a **paper** form by scanning the QR code on the relevant page at the end of the booklet. This will provide a pre-filled email template. Please **do not** edit this template unless you are requesting a paper form and need to add your address into the email.

Once you receive your digital form, please complete the relevant fields, **save the document** and email it to adminhillingdoncamhsmhst@nhs.net.

Alternatively, if you requested a paper form, please **scan** it or take **clear photos** of all of the pages and email it to adminhillingdoncamhsmhst@nhs.net.



What Happens After You Make a Referral?

Once we have received your referral, we will respond via email or a send a letter to your address to acknowledge that we have received it. We will aim to do this within a week.

Our clinicians will then discuss your referral as a team and we will agree on the next steps.





Further Support

Support with risk or complex issues falls **outside** of our remit. However, if you need help urgently please:

- Call the Mental Health Urgent Advice Crisis Line on **0800 023 4650** for advice and support from a mental health professional via telephone. The crisis line is open 24/7, including weekdays, weekends and bank holidays.
- Make an urgent appointment with your GP.
- In a non-emergency, call **111** and select the mental health option if you feel distressed or worried about your mental health
- Attend Accident & Emergency **only** if the young person or others are in immediate danger or crisis. In an emergency, dial **999** or attend the Accident & Emergency department at your local hospital.

*Please note that if children and young people that are referred to us do not meet the criteria, our MHST will do its best to provide advice and signposting information.



Confidentiality

Establishing trust is essential for assisting young people and parents. We may need to provide your personal information to another organisation to comply with our legal obligations, to carry out a public task, or for reasons of public interest.

We may also need to share your information if this is within your best interests, for example, if you require urgent care or there are safeguarding concerns.

What Schools Do We Currently Work With?

Primary Schools

- Belmore Primary Academy
- Brookside Primary
- Dr Triplets Primary
- Field End Junior School
- Grange Park Junior School
- Harmondsworth Primary
- Hayes Park Primary
- Hewens Primary
- Pinkwell Primary School
- Rabbsfarm Primary School
- Rosedale Primary School
- Warrender Primary School
- William Byrd Primary



Primary School Digital Form



Primary School Paper Form

What Schools Do We Currently Work With?

Secondary Schools

- Barnhill Secondary
- Bishopshalt Secondary
- Douay Martyrs Secondary
- Harefield School
- Harlington School
- Haydon School
- Hewens College
- De Sallis Studio
- Northwood School
- Park Academy
- Queensmead Secondary
- Rosedale College
- Parkside Studio College
- Ruislip High School
- The Skills Hub
- UTC Heathrow Secondary
- Uxbridge High School



Secondary School Digital Form



Secondary School Paper Form