

Enfield Mental Health Support
Team in Schools (MHST)
Enfield CAMHS
Bay Tree House
Christchurch Close
Enfield
EN2 6NZ
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Phone no: 020 8213 7776

Date:

Dear Parent/carer,

Introducing: The Mental Health Support Team (MHST) or MYME as we are known locally (My young minds Enfield)

The Mental Health Support Team/ MYME has been commissioned to work in educational settings across Enfield to support children/young people/parent and carers with their emotional wellbeing. Your child's educational setting is supported by trained Mental Health Practitioners, working in collaboration with school staff. We aim to help all children and young people to succeed and achieve their full potential by providing a range of services, including:

- Group Work
- Workshops
- One-to-one sessions
- Drop-in sessions
- Supporting 'peer mentoring' programmes,
- Signposting children with higher needs to access the right support,
- Offering training and consultation to school staff,
- Building on schools' current wellbeing provision.
- Whole school approach
- Assembly's

Interventions offered by MYME are evidence based and tailored to the individual needs of each setting. We use Cognitive Behavioural Therapy (CBT) strategies and Guided Self Help for mild to moderate mental health to support children and young people. One-to-one referrals are made to MHST by educational settings. Please speak to your educational setting if you/ your child would like to access this support.

In case of emergency outside of normal office hours please contact your GP or the 24/7 Crisis Line for Children/Young People & Families on 0800 151 0023, or attend your local A&E.

If you **do not** wish for your child to be involved in any provision being offered by Enfield MYME, please inform your educational setting.

Please click this link [Your Privacy and Information | North London NHS Foundation Trust](#) for further information about how your data is stored and your legal rights in relation to this.

If you have any questions about MYME/ MHST, please feel free to contact us via email nlft.enfieldcamhsmhst@nhs.net

Yours sincerely,

**Clinical Team Lead / Operational Manager
MYME (Enfield Mental Health Support Teams)**

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