

## Mental Health Support team

Rise Park Primary and Nursery School works with Nottingham's Mental Health Support Team (MHST) and has a MHST practitioner, Lisa, who works in school every Thursday supporting pupils.

Lisa will be working alongside our recently trained Wellbeing Ambassadors to support pupils who are struggling with anxiety, friendship issues and emotions they are struggling to manage. She also runs workshops for parents to help them support their children at home and holds a monthly coffee morning on the first Thursday of the month at 8:30-9:30am. This is a great opportunity to come and have an informal chat with her about any difficulties you or your child may be having.





# MENTAL HEALTH SUPPORT TEAM (MHST)

Are you feeling sad, angry or worried?  
Having problems with friendships, sleep or just not feeling great?



MHST work with you, your parents/carers and school to help you  
feel better!

If you would like some help from MHST speak to .....

Lisa sees pupils on a one to one basis for individual support, in groups to build friendship circles and holds whole class sessions too. She also holds a lunch club on a Thursday where pupils can drop in to talk to her about their worries.

Pupils can be referred to Lisa if staff or parents are worried about their mental health. If you would like to refer your child for some support from Lisa, please speak to Mrs Lamb.