

MHST Film

[\(click to watch\)](#)

The Mental Health Support Team (MHST) Film aims to raise awareness of MHSTs and how they work with primary and secondary schools, and colleges. The film is aimed at schools, colleges, parents and carers. Click the link above to watch the film.

The websites below provide more information about MHSTs, plus support resources for schools and colleges.

More general mental health and wellbeing support resources can be found to the right. 



Produced by
Yorkshire and the
Humber Clinical
Network

NHS England: [MHSTs in schools and colleges](#)

**Resources
for schools
and colleges**

[North East & Yorkshire
Regional Mental Health Team](#)

[Anna Freud Resources for
Schools](#)

[5 Steps: Whole School
Approach](#)

For queries regarding the content of the leaflet and/or support resource please contact:
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Mental Health and Wellbeing Support:

[Dr Pooky Knightsmith](#)

[Young Minds](#)

[Be Body Positive](#)

[Mental health for children, teenagers and young adults](#)

[Mental health and self-care for young people](#)