



Who am I?

Lydia Thunder, Education Mental Health Practitioner (EMHP) from Alder Hey CAMHS MHST.

What is MHST?

Mental Health Support in Schools Teams (MHST) are part of a joint national initiative between the Department of Education and NHS England to improve access to psychological therapies for children and young people presenting with emerging low mood and mild to moderate anxiety within an educational environment.

Role within the school

To provide 1:1 interventions with children or parents, groups and workshops and support the school.

Accessing support

If you are interested in accessing our services for your child, please speak to Ms A Belger Leaminton's Mental Health Lead.

