

# Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

**NEW**

## Online Parent/Carer Sessions Exam Stress

**NEW**

To sign up, please  
complete a registration  
form here:



[MHST Online Session](#)



**What is it?** This session covers:

- Stress caused by exams (or SATs in primary school) and how to support our wellbeing to prevent stress overload.
- Signs of stress and how to spot when things are building up.
- Providing practical tips for supporting relaxation and wellbeing during the exam period.

**Who is it for?** Helpful for parents and carers whose children may have Exams coming up.

**When are they?** Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

**New topics and dates will be released regularly.**

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:

[www.otrbristol.org.uk/what-we-do/mhst/](http://www.otrbristol.org.uk/what-we-do/mhst/)

