

Ealing MHST Privacy Notice

How is my data stored?

The MHST is part of the West London NHS Trust which uses the Electronic Patient Record System to store and process patient information such as session notes and personal details.

Your data may be accessible by other healthcare professionals involved in your care such as your GP.

Is my data kept confidential?

All information is kept confidential and is governed by various legislations and policies. For more information please visit the website below for West London's NHS Privacy Statement or scan the QR code with your camera to open the link.

[Privacy statement: West London NHS Trust](#)



How to contact the Ealing MHST:

Operating hours:

Monday - Friday

09:00 - 17:00

(excluding bank holidays)

Ealing.mhst@nhs.net



Scan the QR above
to visit our website

Scan the QR code to find out more about where
young people and families can access support



NHS

West London
NHS Trust

Ealing Mental Health Support Team

Support available in
secondary schools



Promoting hope & wellbeing **together**

What is the Ealing MHST?

The Ealing Mental Health Support Team (MHST) is an NHS Service and sits within the Child and Adolescent Mental Health Service (CAMHS).

We work with schools across Ealing to provide emotional wellbeing and mental health support to children/young people and their parents at the first signs of difficulty.



Who are we?

Our team is made up of:

- Wellbeing Practitioners (WPs)
- Learning Disability and Autism Practitioners (LDAPs)
- Senior Clinicians

Our WPs are responsible for providing mental health and wellbeing support to their allocated secondary schools.

Who do we support?

In secondary schools, we support students who have recently been experiencing mild to moderate worries, fears/phobias and low mood.

We also run in person workshops, assemblies and groups for students covering a range of topics like exam stress and worry management.

How can you access our support?

Identify difficulty (low mood or anxiety)

School to speak with MHST



Speak to school SENCO/Mental Health Lead/Form Tutor/Trusted Adult

MHST to offer assessment or signpost

What do our interventions support with?

Our team offers students 5-8 week one-to-one in person interventions at school to support with...

Adolescent anxiety...

Excessive worries

Physical symptoms not related to other health conditions (shaking/dizziness)

Social anxiety (crowds, new people, public speaking)

Worries about what others think

Fears and phobias

Avoidance of places or situations



Low mood

Low energy or increased tiredness

Loss of interest in activities

Difficulties following routine

Feeling restless

Avoiding things you enjoy

Difficulties sleeping

Do you have a learning disability or Autism? LDAPs are able to provide brief adapted support for children with anxiety and low mood.

What do our students think?

"I am so glad I received your help and would recommend you to anyone who is in need of this support"

"I have made huge improvements that other people along with myself have noticed"

"Since the start of the sessions, I have improved my mood by 80% or more, I am happier everyday"

"I really benefited from this and my problems have become easier to handle"