



# Re-Introducing the *Mental Health Support Team* at St Agatha's Primary School

Can your child feel  
*worried, anxious or*  
*avoidant?*

Can your child  
experience *behavioural*  
*difficulties?*

Does your child seek  
*reassurance* a  
noticeable amount?

The Mental Health Support Team (MHST) are an early intervention service from Achieving for Children, supporting children and young people's wellbeing across schools in Kingston & Richmond.

The MHST will continue to offer varied early intervention support for common wellbeing difficulties this academic year.  
Keep an eye out for parent workshops coming soon!

If you have any questions or would like further information on how to access support, please speak with your child's class teacher or Mrs Cahill. Alternatively, the school office hold self-referral forms readily available for all parents to complete.

The MHST consists of a multidisciplinary team, offering a variety of different types of support:

- 1:1 support for parents and children
- Parent / Whole class workshops
  - Targeted Groups
- Staff training and reflective space

To find out more information about what Serena Bargary, an Education Wellbeing Practitioner from the MHST, can offer, view her information leaflet [here](#).