

Mental Health Support Teams in Schools Uttlesford

Abby offers 1-1 parent sessions on a weekly basis for 1 hour for 8 weeks

Mental Health Support Teams in Schools Uttlesford, part of Mind in West Essex, is a new service for children, young persons and their parents/carers. We support mental health and emotional wellbeing, focusing on early intervention.

We work with the parents/carers as research shows us this is more effective because you know your child best. We also work with the school, providing staff training and workshops focused on mental health and wellbeing.



Some things we can support you with are challenging behaviour, low mood or mild to moderate anxiety such as worries, fears etc.

Abigail O'Donnell - Trainee Educational Mental Health Practitioner Uttlesford Schools Team.

Abigail has studied psychology at University and for the past 3 years have been working across child and adolescent mental health wards as a support worker.

Her favourite colour is pink and she thoroughly enjoys eating Chinese food. She has two dogs called Molly and Lola who together are mischief-makers!



MHST support in your school

Inclusion criteria (1:1)

- Parent/carer of child/young person aged 4-11
- Mild to moderate anxiety
- Mild to moderate presentation of challenging behaviour in the family home (not classroom)
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Exclusion criteria (1:1)

- Significant level of risk, for example self-harm or suicidal ideation
- A history of repeated exposure to trauma; sexual abuse, domestic abuse etc.
- Child/young person is currently under treatment with SET CAMHS
- Moderate to severe additional needs

 mind in West Essex
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