

Mental Health Support Team

The Wellbeing in Mind Team (WiMT) is a Mental Health Support Team (MHST) which is an NHS service that has been introduced as part of the national plans to expand mental health services for children, young people, and their families within schools and colleges.

The Wellbeing in Mind Team aims to positively impact the mental health and wellbeing of young people by:

- Using low-intensity evidence-based CBT interventions for low mood and anxiety.
- Working closely with each school's identified Mental Health Lead (a senior member of the school staff who has received specific training to support this role) to support individual referrals through consultations.
- Supporting each school in developing and maintain a 'whole school approach' (WSA) which includes delivering assemblies, classroom-based sessions, staff training and workshops covering a range of topics.

We work across Harrogate and the District in the following schools:

King James' School
Boroughbridge High School
St John Fisher Catholic High School
Rossett School
Harrogate High School
Ripon Grammar School
Ripon Outwood Academy

The Harroagte Team:

Shelley, Holly, Bethany, Sandra and Lauren