



Mental Health Support Team

Mental Health Support Team (MHST) are professionals who have had specialised training to support children and young people presenting with a wide range of mental health issues

Your Pastoral Support Lead at Haven High can make a referral to the MHST if your child is worried about their Mental Health.

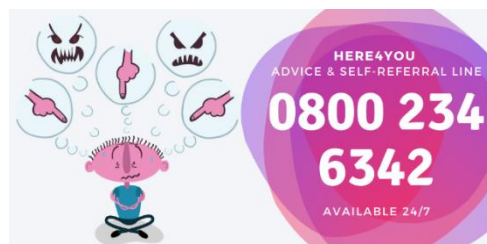
Mental Health Support Team Podcasts

The Mental Health Support Team have a podcast to promote positive mental health for children and young people. It is available on several platforms including Spotify and Google Podcasts. The #MHSTpodcast includes hints and tips on promoting positive mental health and different ways to get involved with our monthly awareness topics. Topics include:

- How to show yourself self love
- Health and nutrition
- Stress busters
- Loneliness
- LGBT+ History Month

<https://www.lpft.nhs.uk/young-people/lincolnshire/about-us/whats-new/mhst-podcast>

If you would like to speak to a mental health practitioner for advice or to self-refer, contact the Lincolnshire Here4You line



The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email safe@havenhigh.net or call the Year Hub on 01205 311979