



Dear Parents and Carers,

We are the **Mental Health Support Team** (MHST) for schools in Torridge, and we work for Children and Family Health Devon, part of the NHS. We are an award-winning early intervention service for children and young people, supporting schools to raise awareness of Mental Health, reduce stigma around asking for support, and providing families with targeted support at an earlier stage of mental health difficulty.

We are now beginning to support your school to develop a Whole School Approach to mental health, and we will be starting to take referrals for either 1:1 or small group interventions to address mild to moderate mental health needs such as anxiety or low mood.

A 'Whole School Approach' means thinking about how every part of school life – people, environments, timetables and parents and carers, can work together to develop a mentally healthy place to learn and work; one that promotes positive wellbeing and where students are supported to be happy, resilient, and healthy young people.

We would love to hear your views on what is already going well in your school with regard to mental health awareness, provision and support and what you would like to see more of and have therefore created a **5-minute survey for you to complete**. This is anonymous, so honesty is welcomed. The data we receive from the survey will inform our action plan with the school for the next academic year, so hopefully we can deliver the support you need.

Please scan the QR code, or follow this link to complete the survey:

<https://www.smartsurvey.co.uk/s/10P0RR/>



We look forward to working with you!

