

# Lewisham MHST

*"Sometimes in life we have big worries, sometimes small. We might be finding getting along with friends tricky or just generally having a tough time! Well – the MHST is a service that can help you with this!"*



## WHAT we do

We work together with young people, parents and school staff to support everyone to thrive emotionally at school. As part of this we promote emotional wellbeing, including through activities, workshops, groups and 1-1 sessions.



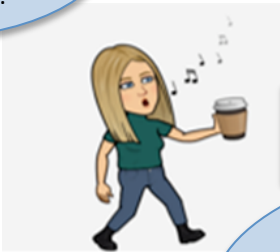
## WHO we work with

We work with children, young people and their parents and school communities.



## WHERE can you find us

We are usually based in schools, but currently we are working online.

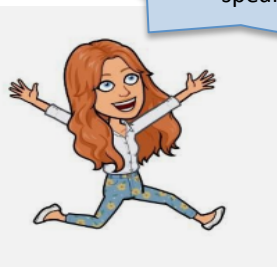


## HOW can you contact us

If you are the parent or carer of a child or young person that attends a school in the Lewisham MHST network, you can contact us or make a referral by:  
Speaking to the senior mental health lead at your child's school

Emailing us at  
**lewishamMHST@slam.nhs.uk**

Calling **020 7138 1250**,  
or **020 7138 1230**, and asking to  
speak to someone in the MHST



For more information visit our website:  
<https://www.slam.nhs.uk/our-services/camhs/schools/mental-health-support-teams/>