

21st September 2026

Dear Parents & Carers

We would like to make you aware of the Mental Health Support Team (MHST), an early intervention service provided through the NHS and Off the Record.

An Education Mental Health Practitioner (EMHP) from the MHST is based at City Academy every Wednesday. The team provides early support for young people experiencing difficulties such as **anxiety, low mood and other wellbeing concerns**.

Support can include helping young people develop strategies to manage their mental health and wellbeing. The service can offer support either individually or in groups, where appropriate.

Young people can access the service in two ways:

- They can speak to a trusted member of staff in school, who can discuss a referral with the school's Mental Health Lead.
- They can **self-refer** if they would prefer to approach the service directly.

The MHST will review each referral and determine whether its support is appropriate. If it isn't the right service, they can help identify other options that may be more suitable.

Please note that the MHST is not a crisis service.

For further information please visit <https://www.otrbristol.org.uk/what-we-do/mhst/>

To self-refer, the link can be found here: <https://gateway.mayden.co.uk/referral-v2/aeb796da-dcfa-4ba6-b00f-9e87255ee0da>

The MHST can also be contacted directly on **0117 403 8735** or **awp.mhstenquiries@nhs.net**.

Best wishes



Ben Tucker
Principal, City Academy

Grit, Honesty and Team Spirit

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