

# Connect

## Mental Health Support Team

We know that children and young people may face additional barriers to their education including mental health concerns, and we want to ensure that all young people have support and that their families, schools and other professionals are able to provide the right support.

The Connect Mental Health Support Team works with 40 local schools to deliver low and moderate intensity interventions to support pupils with low mood, anxiety, and poor self-esteem.

By working with our communities, schools, parents and carers and young people the service aims to encourage early treatment and prevention to decrease the number of children and young people requiring long term mental health support. This is done by providing information, advice, guidance, and support.

The team supports schools to develop their whole school approach to emotional wellbeing and signposts to other relevant services to ensure the needs of children and young people are met in a timely way.

For links to Connect's online resources and social pages please visit [connect\\_mhst](#) | [Twitter](#), [Instagram](#) | [Linktree](#)