

# Havering Emotional Support Team (HEST) Newsletter

Issue 1: October 2023

## Who we are

Mental Health Support Teams (MHSTs) are part of a national initiative developed by NHS England and the Department for Education aimed at supporting young people with their emotional wellbeing in a school or college setting.

Havering MHST are proud to be supporting young people in primary and secondary schools and colleges across the borough who may be experiencing mild to moderate difficulties with their wellbeing and mental health. We received feedback from young people about our team name, which is how we came to be Havering Emotional Support Team (HEST).

We have been working with schools since January 2022 and during this time we have had thousands of contacts with young people.

## *Meet the team*



Following the introduction of a new team in September 2023, there are now three teams in Havering, which are overseen by the Clinical Lead Diana Daniel-Dawson. Each team has a Senior Clinical Supervisor, two Senior Mental Health Practitioners and four Educational Mental Health Practitioners (EMHPs). Our new trainee EMHPs embark on their training in October 2023. We are also supported by our amazing team administrator.

## What we do

As a team we are able to support young people and their parents/carers, as well as working closely with the school to support them with mental health and wellbeing. We are also able to offer support to all school staff. We can signpost young people to other suitable services in the area.

The image to the right shows some of the support we offer in our primary schools:

### Some of what we offer as a service:



## We work in the following schools:

### Primary Schools

Newtons Primary School  
Crowlands Primary School  
Towers Infant and Junior School  
Clockhouse Primary School  
Drapers Brookside Primary School  
Mawney Primary School  
Hilldene Primary School  
Elm Park Primary School  
Rainham Village Primary School  
Whybridge Infant and Junior Schools  
Drapers Maylands Primary School  
Hylands Primary School  
Harold Court

### Secondary Schools

The Brittons Academy  
Hall Mead Secondary School  
The Frances Bardsley  
Harris Academy  
Coopers Coburn  
Abbs Cross  
Drapers Academy

### Sixth form / College

Having Sixth Form

We look forward to updating you each half term about what our team has been up to. If you have any questions about the work that we do please speak directly to your school's HEST Link Worker for more information.

