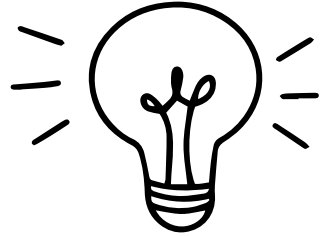
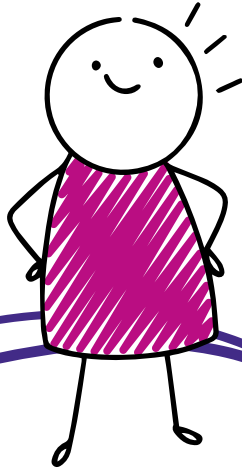




Herts & West Essex
Mental Health Support Teams



Hertfordshire
Partnership University
NHS Foundation Trust



Mental Health Support Team (MHST)
Intervention Information:

Brief Behavioural Activation



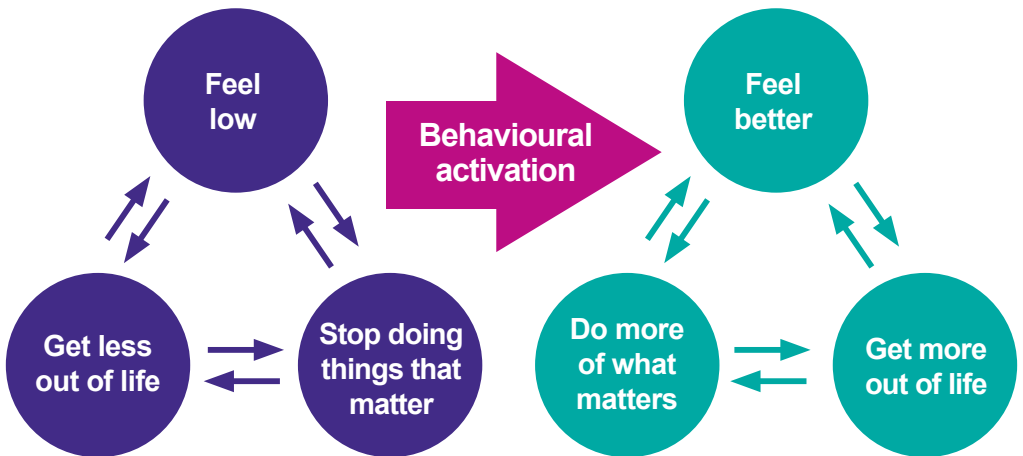
Our  values
Welcoming Kind Positive Respectful Professional

Brief Behavioural Activation



? What is Brief Behavioural Activation?

Brief Behavioural Activation can help you when you are experiencing low mood, you may notice several changes. Everyone can experience symptoms of low mood at any time in their life. Feeling low can trap us in a cycle where we stop doing things that matter, get less out of life, and feel even worse as a result.

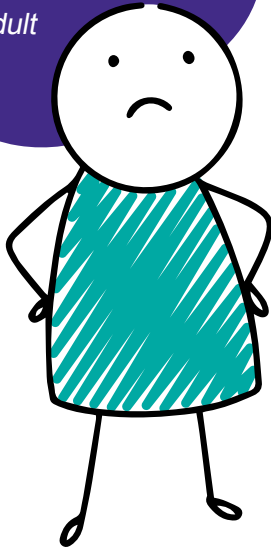




How do I know if I need help with my low mood?

You may need support for your low mood if it starts affecting your day-to-day activities and negatively impacting your life. For example, have you noticed:

These feelings could be your bodies way of telling you that somethings not quite right and it's time to get support from a trusted adult



headaches/ stomach aches



feeling irritable or angry



feeling worthless or guilty



extreme tiredness



changes in appetite



not wanting to be around people



feeling sad and down



sleeping too much or not enough



losing interest in things that you used to enjoy





How can we help you?

Brief Behavioural Activation is designed to help you understand and break the cycle of low mood and to get more out of life by doing things that matter to you. The support is typically 8, one-hour sessions over an 8-week period. We will meet with you in a private space at your educational setting.



What age do I need to be to access this support?

Brief Behavioural Activation is recommended for 11+.



What do I need to bring to sessions?

Just bring yourself and your motivation to make changes!



What will we cover together during sessions?





How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.



How can I request support from the MHST?

Speak to the Designated Mental Health Lead (DMHL) at your school/college who can refer you to our service.

Or fill in your details below and hand this to a trusted member of staff who will pass this onto the DMHL.

The Mental Health Support Team is not an emergency service and is unable to provide urgent or crisis care. If a child or young person is in crisis, you should:

- Call Freephone 0800 6444 101 (Single Point of Access (SPA) 24/7 Mental Health Helpline)
- NHS 111 and select option 2 for mental health service
- If they are seriously ill or injured, dial 999 for the emergency services or attend A&E





Student name:

Intervention: MHST Initial Assessment • Date:

 /

Brief Behavioural Activation

