

October 2025

Dear Parents and Carers,

We are writing to share information about a service offered in school that may be of interest to you and your child.

The Mental Health Support Team in Schools (MHST) attends the school regularly and provides support for children who may have concerns about their mental health and wellbeing. MHST staff are qualified healthcare professionals employed by the local NHS Trust.

Until recently, referrals to the MHST could only be made by a member of school staff on behalf of your child. A recent service development now allows parents and carers to self-refer.

You can make a referral using the following link, which also hosts a wide range of self-help resources: <https://www.myselfreferral-llr.nhs.uk/>

Referrals are reviewed by the DHU Children and Young People's Mental Health Triage and Navigation Service. They will assess the referral and contact you by letter to explain the most appropriate support for your child at that time. Please note that the Triage and Navigation Service cannot guarantee that a referral will be sent to MHST, as they will determine the service most suitable based on the information provided.

To make a referral, you must consent to the school being made aware of the referral, as children are seen on school premises during the school day.

We have enclosed the latest leaflet from the Triage and Navigation Service, which explains the process in more detail.

For further information about the LLR Mental Health Support Teams in Schools, please visit our website:

<https://www.leicspart.nhs.uk/service/mental-health-support-teams-in-schools-mhst/>

Signed,

Service Managers – Leicester, Leicestershire and Rutland Mental Health Support Team

