

# Support for parents and carers from Mental Health Support Teams (MHST)



**Are you finding it difficult to support your child with their anxiety or big emotions?**

MHST can offer support to help parents and carers manage:

- fears and worries
- emotional overwhelm
- behavioural difficulties
- day-to-day challenges at home or school

## Want to know more?

If you would like to learn about what we offer or make a referral into our service, please scan the QR code or visit our website: [www.justonenorfolk.nhs.uk/our-services/mhst](http://www.justonenorfolk.nhs.uk/our-services/mhst)

