



**South West London and  
St George's Mental Health**  
NHS Trust

## The Wave 6 Merton Mental Health Support Team



You may see members of our team around the school. Please say hi and ask us about the work we do.

### Who are we?

We are a team of NHS-funded mental health professionals working with the new Wave 6 Merton cluster of schools. Our aims are:

- To improve links between NHS mental health services and schools across the cluster
- To help young people get the help they need sooner (we are an early intervention service).
- To improve access to mental health support by offering school-based interventions.

### We support students in your school with:

- One-to-one, CBT-based guided self help for Mild to Moderate Low Mood.
- One-to-one, CBT-based guided self-help for Mild to Moderate Anxiety

### We also support Merton secondary schools to embed a Whole School Approach to mental health and wellbeing, through:

- Consultation and signposting
- Staff training and workshops
- Reflective practice and wellbeing sessions for staff
- Contributing a mental health perspective to the curriculum and to school policies
- Workshops and groups for pupils and parents

If you would like more information about our work, please contact your school's Mental Health Lead or email our team:

[Wave6MertonMHST@swlstg.nhs.uk](mailto:Wave6MertonMHST@swlstg.nhs.uk)