



Ref: NHo/CAd

19<sup>th</sup> December 2025

Dear Parents/Carers,

**Information regarding the Mental Health Support Teams (MHST) programme**

I am writing to you today to inform you of an exciting development and collaboration between Sybil Andrews Academy and the Norfolk and Suffolk NHS Foundation Trust.

From January, Sybil Andrews will begin the process of hosting a Mental Health Support Team. These teams are made up of senior clinicians, higher level therapists and Education Mental Health Practitioner trainees (EMHPs) who will work with the school to promote positive mental health and wellbeing, as well as provide expertise to meet mild to moderate mental health needs. This will be provided and agreed in coordination with the school's mental health, safeguarding and pastoral teams.

This is an exciting opportunity and development within the school's mental health provision, and we are looking forward to working with the MHST to widen our provision and support for our young people and community.

Should you have any questions, please do contact me.

Kind regards,

Nathan Hope

Lead Teacher of PSHE and Citizenship and Senior Mental Health Lead