Barnet, Enfield and Haringey NHS
Mental Health NHS Trust

MHST Telephone Support Line



This uncertain time may present unforeseen challenges for children, parents and school staff. It can be difficult to manage emotions at a time like this.

The Haringey Mental Health Support Team (MHST) offers emotional wellbeing support to families and schools, as part of the Haringey Trailblazer project. We are usually based in schools, but during this period of school closure, the MHST is still here to help!

We will be offering a space to talk. Phone in on the number below.

Who are we? A team of Mental Health Practitioners

When? 9am-3pm Monday-Friday.

Who can contact us?
Children/ young people, parents/ carers, school staff.

How can we help? We're here to listen and support you with your worries and emotions.

MHST Contact information

Tel: 0208 702 6035

Beh-tr.camhstrailblazerinbox@nhs.net



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Mental Health NHS Trust

MHST Telephone Support Line



Schools are closed and things might be a bit different at the moment. When things are so uncertain it can be difficult to manage our emotions. Would you like to talk to someone about how you feel?

We're the Haringey Mental Health Support Team (MHST) and we're here to help! Call us on the number below.

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