

Request for a Wellbeing Chat from Student - Mental Health Support Team (MHST) in schools	
Name:	Date of Birth:
Address:	School: Name of supporting adult in school:
GP:	Are your parents/carer aware of this request? Yes No Would you like them to attend the Wellbeing Chat with you? Yes No
Please describe the reason you are seeking help. 	
What do you hope this Wellbeing Chat will bring you? 	
What strengths do you draw upon that currently helps you with this situation? 	

Is there anything else that you want to share with us at this point?

Your Signature:

Date:

Your preferred contact phone number or email

For assistance completing this form or to discuss this request with a member of our team, please contact:

David Plummer - Clinical Team Manager
Mental Health Support Team for Schools.
07866159124

Once completed please send this form and accompanying documentation to our Single Point of Access, preferably by email.

cfhd.devonspa@nhs.net
Children and Family Health Devon
Single Point of Access Team
1a Capital Court
Bittern Road
Sowton Industrial Estate
EXETER
EX2 7FW

Note that emails from the list below are secure. If you do not have a secure email route please call us on 03300 245 321 to request access to a secure email route.

.cjsm.net (Criminal and Justice)
.gse.gov.uk (Central Government)
.gsx.gov.uk (Central Government)
.mod.uk (Military)
.pnn.police.uk (Police)

.gcsx.gov.uk (Local Government/Social Services)
.gsi.gov.uk (Central Government including Department of Health)
.hscic.gov.uk (The Health and Social Care Information Centre)
.nhs.net (NHSmail)
.scn.gov.uk (Criminal and Justice)