

Wellbeing and Mental Health in Schools (WAMHS) Service for Primary and Secondary Schools

What is WAMHS?



WAMHS is provided by the NHS and Education to improve mental health and wellbeing support for children and young people in schools, colleges, specialist and alternative provision education settings in City and Hackney.

First Steps, CAMHS Disability, and Specialist CAMHS are part of WAMHS. We have clinicians based in 78 schools in the boroughs.

These clinicians are on site at school for their allocated time (one day a month through to one day a week depending on roll size). They work with staff.

What is the Mental Health Support Team (MHST)?

The MHST is one strand of the WAMHS service. It is an early identification and intervention service staffed by a multidisciplinary team.

Education Mental Health Practitioners are on site at their school for their allocated time (half a day a week primary or 1 day a week secondary).

The MHST has practitioners based in 57 schools in the borough. This will increase to full coverage in 2026.

What do the WAMHS and MHST workers do in school?

Working alongside school staff, they aim to:

- Work with the school to promote wellbeing across the whole school.
- Increase access for all children and young people to mental health services.
- Help develop and sustain closer working links of CAMHS with schools.
- Support schools and staff in managing higher levels of mental health needs in students.
- Provide training, consultation and support, signposting and liaison.
- Increase the capacity within schools to identify early and meet the wellbeing and mental health needs of all pupils.
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Children and young people referred to the MHST present with mild-moderate mental health difficulties (low mood, anxiety, relationship difficulties in the classroom) which may present as behaviour that challenges. Staff consult to WAMHS about the full range of mental health difficulties and severity.

Our offer:

Support for Young People & Families

- Early intervention work with young people and parents
- One-to-one or group sessions focused on emotional wellbeing
- Liaison and signposting to mental health resources and local services
- Attending planning meetings to ensure coordinated support

Support for School Staff & Communities

- Ongoing advice, consultation, and support for school staff
- Training to help staff identify and manage emotional or behavioural difficulties
- Reflective practice sessions for school staff
- Workshops for staff and parents on key wellbeing topics
- Classroom observations and class-based support
- Student-focused consultations and practical strategies to promote inclusion and wellbeing

How to Access Support

Speak to the Mental Health Lead in school for further information about WAMHS and MHST.

For referrals, contact your child's class teacher or any member of your school's senior leadership team.

As we are an NHS service, if specific advice or interventions are provided by our team, we will record this information securely and confidentially on our systems. This is in order to provide the best possible care