

# The MHST's 10 Promises



1. We'll be **confidential, friendly, safe** and trustworthy



2. We'll be **flexible** and try our best to meet with you at a **suitable time and place that you choose**



3. You'll meet the same person each time and you can rely on them to meet you when they said they would and to be **supportive and well prepared**



4. Our sessions with you will be **pecially organised for you**



5. We'll agree at the beginning **what things you want to work on** and we'll check each week to see how things are developing or changing for you, then again at the end of the sessions



6. Our aim will be to **help you help yourself** and feel more able to do all the things you want to



7. We'll have lots of different ideas and suggestions for how you can **support yourself and make helpful changes**



8. We'll be **positive, encouraging and reliable**



9. If you contact us we'll always give you an answer **as quickly as we can**



10. If we aren't the right place for you to get help for your mental health, **we'll be able to suggest where we think might be right for you**



Mid and South Essex  
Health and Care  
Partnership



MENTAL HEALTH SUPPORT TEAM

**NELFT** **NHS**  
NHS Foundation Trust

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