

MHST Newsletter

October 2022

MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

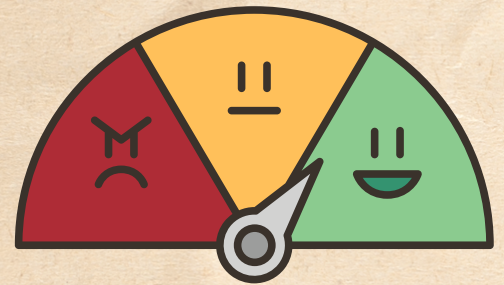
The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen, Year 1 to Year 6 in Burnley & Pendle, and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Hyndburn and Rossendale Colleges).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a 'request for support' form to the MHST.

Newsletter Feedback

Thank you to everyone who took the time to complete our feedback questionnaire on the previous two newsletters. The results are in and are very positive. Here are some of the areas you reported the newsletter as being helpful:

- "The links to other services"
- "Really informative, easy to read and very current"
- "All the information"
- "Local events and information"
- "It is concise, not full of long words and bright & colourful"



We asked for suggestions on how we could improve the newsletter and some of the feedback was:

- "It could be shorter"
- "School to email to parents"

With this in mind we will be mindful to keep the newsletter to a maximum of 3 pages and will ask all schools if they can email out to parents/carers every month.

Team News

This month the teams have been busy getting back into schools after the summer break. We have enjoyed delivering staff information sessions and attending various open events at schools and colleges; it has been lovely meeting new people and seeing some familiar faces.





The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is 'Make mental health and wellbeing for all a global priority'. Please click the image to the left to find out more

What is mental health?

What is mental health? Mental health is about how we **think, feel and act**. Just like physical health: everybody has it and we need to take care of it.

Our mental health is on a **spectrum**, and can range from good to poor.

Good mental health can help you to think positively, feel confident and act calmly.



If you have poor mental health, you might find that the way you're thinking, feeling or acting **becomes difficult to cope with**. You might not enjoy things you used to like doing. You might feel sad or angry for a longer time than usual. Or you might feel like you can't control how you feel or behave.

The mental health continuum is a tool that can be used by **everyone**; it can help us to think about our wellbeing and what actions we can take to improve it. Mental health is not an all or nothing concept – it can **change frequently**. Mental health is affected by lots of things such as work, home life, bereavement, ill health and more. Even positive things can affect our mental health, such as the pressure after getting a promotion or the stress of a house move.

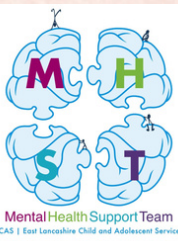
How can I support a young persons mental health?



The spectrum above can be used to promote conversation with young people when asking **'How are you today?'** You could ask where on the spectrum are you today and ask them to show you and maybe explain why they feel they are at that point. **Mental health fluctuates** and if a young person has had a particularly difficult day or has had some bad news then it is likely they will be more towards the red end; what is important is to prompt discussions and to ask what supports them in moving towards the green end. You could write a list of things together that help promote positive mental health and try out new things together. Here are some examples given to use by young people.



If you find that the young person is more often than not towards the red end of the spectrum then we would recommend seeking support. Some options are speaking to school staff, GP, MHST staff or following the links on the last page for further advice and information.



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services



East Lancashire Hospitals
NHS Trust
A University Teaching Trust

Signposting

Double Click on any of the images with arrows to go straight to that organisations website

Parent Support Group – Blackburn with Darwen

The Parent Support Group is an online group which is topic based at the moment. It is a space where information is shared with discussion between parents. Last group's topic was Separation Anxiety, where we explored what Separation Anxiety is and how to support your child.

Please come along if you feel it will be helpful. There is no pressure to contribute or have your camera or microphone on, there is a chat function to contribute to the session.

PARENT SUPPORT GROUP



TOPIC - OBSESSIVE COMPULSIVE DISORDER
WEDNESDAY 19TH OCTOBER @ 6-7PM
ONLINE VIA MICROSOFT TEAMS



Please email emma.jackson@elht.nhs.uk for a link to the meeting



information and advice on accessing mental health services and finding the right support for your child.



This information is for parents, carers, family members and guardians supporting a young person with their mental health and wellbeing.



SCAN ME



Open the Camera app on your phone
Select the rear-facing camera.
Hold your device so that the QR code appears in the viewfinder in the Camera app.
Tap the notification to open the link associated with the QR code

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Scan here for direct access to the MHST website