MHST Newsletter

February 2024

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 and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Accrington College).

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 referral to the service.

Childrens Mental Health Week

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK. Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, the theme for 2024 is 'My Voice Matters'.

It was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.





With this years theme linking with Young Peoples Voice we are happy to announce we are re-launching our Blackburn with Darwen Secondary Age Youth Voice Group!! If you are 11-16 years old and are passionate or have an interest in mental health then we need you! We are looking for young people to support us in shaping our service and giving us advice, suggestions and feedback on the services we offer. If you are interested or know of someone who would be please email: lisa-marie.naylor@elht.nhs.uk for details around joining our group. We promise to take your ideas seriously, we also promise lots of fun!

Team News

We have been very busy supporting students in Schools and Colleges all over East Lancashire, staff have been offering staff workshops, small group work and individual CBT informed interventions to lots of young people who are struggling with symptoms related to anxiety or low mood.

We cannot believe that we are at the end of our first 1/2 term in 2024!

After the 1/2 term break we will be continuing offering our interventions and will be focussing on exam stress groups supporting year 11 students with upcoming GCSE exams.

We wish you all a happy Childrens Mental Health Week and also a happy 1/2 term break.

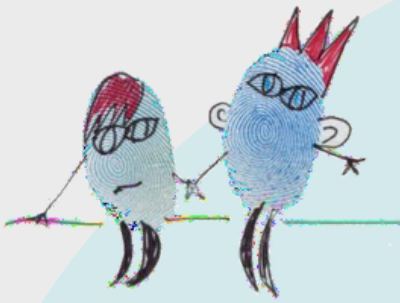
This month our newsletter is focussing on both Childrens Mental Health Week and also FREE activities for young people to get involved in over the holidays.





NHS
East Lancashire Hospitals
NHS Trust
A University Teaching Trust

TALKING MENTAL HEALTH



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

IT'S CHILDREN'S MENTAL HEALTH WEEK FROM 05/02/24 TO 11/02/24



Here at MHST we love talking Mental Health so please join us to raise awareness of this issue.

JOIN US FOR ONE OF OUR LIVE-STREAMS FOR PRIMARY SCHOOL AGE CHILDREN

Tuesday 6th February 2024 at 9:15am
Meeting ID - 366 060 312 191
Password - kURw8m

Wednesday 7th February 2024 at 6:30pm
Meeting ID - 387 922 809 280
Password - Yyv7zw

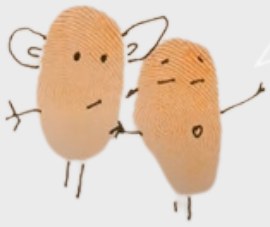
Thursday 8th February 2024 at 2:30pm
Meeting ID - 396 027 710 660
Password - V6xVia

PLEASE JOIN VIA MICROSOFT TEAMS!



MORE INFORMATION FOR PARENTS

FROM THE ANNA FREUD WEBSITE



MORE INFORMATION FOR SCHOOLS

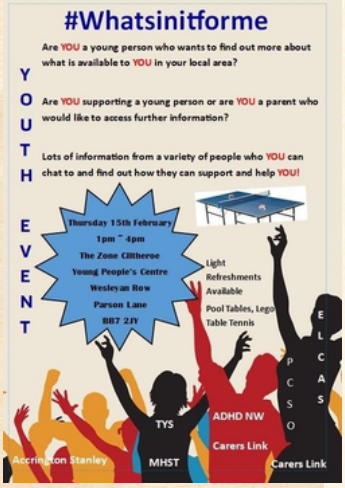
FROM THE ANNA FREUD WEBSITE

Whats on?! and Signposting









Place2Be's CHILDREN'S MENTAL HEALTH WEEK 5-11 FEB 2024

CLICK HERE



CLICK HERE

NHS Lancashire & South Cumbria Youth Voices

CLICK HERE

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

@elht_ELCAS

@elht_elcas

NHS Lancashire & South Cumbria Talking Therapies

CLICK HERE

A psychological therapy service offering a range of free talking therapies to people aged 16 and over in Lancashire and 18 and over in South Cumbria.

Scan the QR code for more information on the Mental Health Support Team