Newsletter

Mental Health Support Team

January 2025

MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for students from primary age 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. You can also speak to your GP.

Relaunch!

Hello and welcome to the first edition of our relaunched MHST newsletter. This will be shared with you every half term. The newsletter will update you on the great work the MHST's have been doing with schools and colleges. It will also include tips and advice on how to maintain good mental health and wellbeing as well as signposting to local events, and other sources of help and support.

Staff Introduction

Hi, I'm Bethany. Im a Mental Health Practitioner in the BwD primary MHST. I love helping young people take care of their mental health and giving them tools they can use for life. When im not working you'll find me outdoors or spending time with my friends and family.

More Information

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Keeping well in January

January can be a great time for setting new goals and creating a fresh start to a new year. However, this time of the year can also bring about feelings of low mood and sadness. This is also commonly known as the 'January Blues'.

The 5 Ways to Wellbeing

Applying the 5 ways to wellbeing in our daily lives is a great way to help beat the blues and help you feeling motivated and happier. They offer simple steps which you can do everyday.

Top Tip: Try planning in small daily activities which relate to the 5 ways to wellbeing.

1. Connect - Connecting with others can help us feel close to people, and valued for who we are. You might like connecting with others in person, online or giving someone a call.

2. Get active - Studies have shown that getting active can help you sleep better, have happier moods, and reduce feelings of stress, anxiety and racing thoughts.

3. Take notice - Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you to understand what triggers your feelings of stress or anxiety.

4. Learn - We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem. Maybe you could learn a new skill.

5. Give - Research shows that being kind and helpful towards others can help us feel happier and more fulfilled. Simply giving a smile can go a long way.

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Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB 2025

NHS
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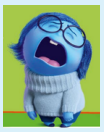

Place2Be's Children's Mental Health week 2025 will take place from Monday 3rd of February until Sunday 9th of February.
This year Place2Be's have partnered with 'Here4You' to explore the importance of self-awareness and expressing emotions through the characters of Pixar's Inside Out and Inside Out 2.

This years theme is: 'Know yourself, grow yourself'

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel joy and what may cause us sadness. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents.

Tips for children and young people: Getting to know yourself.

1. **Be curious about your emotions**. Techniques like meditation or journaling to help you make sense of what is going on inside of yourself.

2. **Think about your values.** Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative?

3. **Get creative expressing yourself.** Creativity can help us express emotions which we may struggle to talk about. Painting, music, dance, drama are some activities you could do to help express yourself.

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Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB 2025

Click here for more information and resources for children's mental health week.

YOUNGMiNDS

FREE

Thursday 23rd January Parent Webinar 6pm - 7pm
Understanding low mood Workshop

We would like to invite parents/carers of young people to a workshop which explores Low mood-

The Webinar explores :

Learn more around possible signs and symptoms of low mood in children and young people. Consider way to support your child if they are experiencing low mood. Recognise when and how to request specialist support for your child.

Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.

We are LSCft

Meeting ID: 391 710 904 606
Passcode: cy9NUC

LIVE WEBINAR

Thursday 20th February Parent Webinar 6pm - 7pm
Children's mental health in the digital age Workshop

We would like to invite parents/carers of young people to a workshop which explores Children's mental health in digital age.

The workshop explores :

- Evidence around social media, technology and mental health
- Moving with the times
- Impact on mental health
- Thoughts, feelings, behaviour cycle
- What can you do to support your child.

Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.

Meeting ID: 363 868 611 921
Passcode: KHRBHE