

# Issue 19

# MHST Newsletter

## February 2023

### 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 referral to the service.

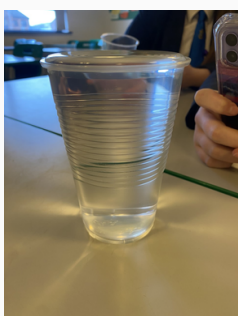


[CLICK HERE](#)

**Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is **Let's Connect****

The focus of the newsletter this month is Children's Mental Health Week. The second page contains information around this year's theme of 'lets connect' and the third page contains information around parent/carer webinars that we are offering during the week. Please note that the webinars are facilitated by Mental Health Practitioners and there will be opportunity for discussion and question's; you are however welcome to join and keep your camera and microphone off there will be absolutely no pressure to actively participate.

### Team News



This month practitioners have begun supporting students in year 11 by providing '**Managing Exam Stress**' workshops. The image to the left represents a 'stress bucket' it was used to demonstrate how if we do not have 'holes in our bucket' to relieve stress it is likely that our bucket will overfill; this is usually when young people can feel overwhelmed, anxious and are often not able to focus. Students used this experiment to consider what fills their bucket and also strategies they can use to put holes in the bucket and relieve some of the stress.



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# Children's Mental Health Week

## Let's Connect

**Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond**



### Connecting online safely

- Using platforms for support and advice
- Connecting with friends and family locally and all around the world
- Enhancing learning opportunities

But...

- Make sure to take breaks
- Have regular input about what your child is accessing online
- Encourage the use of wellbeing settings and Apps



### Connecting with family

**Connecting with family can give us:**

- Opportunities to laugh together
- Opportunities to share interests
- Opportunities to build bonds and affectionate relationships

**We can do this by:**

- Planning healthy and rewarding activities together
- Scheduling time together
- Putting away technology
- Leaving notes in a lunchbox or around the home
- Watching a film together
- Phoning family we don't see often

### Connecting with others

- Relationships affect our physical and mental health
- Positive relationships can result in a positive community

**We can connect with others by..**

- Sharing a smile
- Listen to others, don't just hear them
- Arrange to spend a day out with friends
- Support each other with school work
- Local groups offer activities for all ages and gives opportunities to connect with new people.



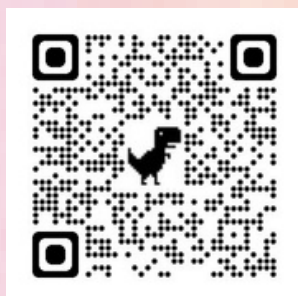
### Connecting with ourselves

- When we have a greater understanding of ourselves it can have a positive impact on our self esteem and confidence.

**We can connect with ourselves or encourage children to connect by:**

- Supporting children and young people to make a worry box to normalise anxiety, recognise when they're worrying and validate their feelings
- Encouraging children to share one good and one bad thing about their day
- Scheduling meaningful activities that are in line with what we care about.
- Taking time for self care





## Parent webinars

**Join us on Microsoft Teams by scanning the QR code (or you can download Microsoft Teams as an app or open up online) and adding the ID and passcode of your chosen webinar**

|      | My anxious child                                | Children and young people's mental health in digital age | Low mood in children and young people           | The importance of sleep                         |
|------|---|--|---|---|
|      | 6 <sup>th</sup> February                        | 7 <sup>th</sup> February                                 | 8 <sup>th</sup> February                        | 9 <sup>th</sup> February                        |
| 10am | Meeting ID: 344 132 303 380<br>Passcode: ihuqaA | Meeting ID: 323 368 415 834<br>Passcode: xVvRAX          | Meeting ID: 345 811 897 801<br>Passcode: VDPZ6n | Meeting ID: 379 862 780 03<br>Passcode: LYaE7r  |
| 6pm  | Meeting ID: 335 327 837 922<br>Passcode: kRtech | Meeting ID: 379 365 814 403<br>Passcode: ybimaE          | Meeting ID: 376 185 566 371<br>Passcode: kcCreE | Meeting ID: 363 744 777 913<br>Passcode: 9fXJXC |