

WHAT'S NEW IN MHST?...



Welcome to the Summer/Autumn edition of your Mental Health Support Team newsletter!

We are sure that many pupils, families and staff are pleased that exam season is over! We wish all pupils the very best of luck with their future plans and aspirations.

As well as feelings of relief, there may understandably be some feelings of anxiety around exam results, as well as transitions to other year groups or education settings come September. In August, MHST will be releasing a podcast around managing anxiety related to exam results, and we will also be delivering a free-of-charge workshop around managing change and transitions which will be aimed at parents and carers to aid them in supporting their children and young people.

More information on upcoming podcasts, free-of-charge workshops and training for families and education staff, and resources and information for awareness days can be found on pages 2 and 3 of the newsletter.

PARTICIPATION

We were delighted to be able to showcase some artwork and poetry within our 'Participation' section of last month's newsletter. This month we wanted to share some of the feedback that we have had from families and professionals who have attended our free-of-charge training and workshops.

We are also delighted to introduce our new Peer Support Worker, Shannon. More information about Peer Support can be found on page 4, and on page 2 you can view what people had to say about their experiences of attending our events.

Support from MHST is available throughout school holidays, whether this be within schools/colleges, our own clinics, or via virtual platforms. If any of our education settings are open and able to accommodate us, or are aware of any (free!) locations that the service could use between terms times, please inform your MHST link worker. Mental Health advice and support can also be accessed by calling the Here4You line on 0800 234 6342. This line is open to children and young people, families, and professionals.

[CLICK HERE FOR MORE INFO](#)



THIS TERM'S EVENTS.....



TRAINING AND WORKSHOP OFFER

MHST launched a Training Hub at the start of the year. We've received some great feedback from attendees, so we are happy to say we are taking this forward into the 2022-23 academic year.

"Delivery was supportive, informative and trainers were really warm and friendly. Loved the gentle manner of approach. Thank you"

"The resources are clear, well presented and really well planned. The delivery of the materials was really clear too. Thanks to everyone. This is something we can pick up and use easily. Children will really benefit. 😊"

The Training Hub currently has virtual workshops and training sessions available for parent/carers and professionals.

Click on the title of the training to be taken to the Eventbrite booking page to reserve your place.

31/08/2022 Managing Change and Transition (parent) 10:30-12:00

12/09/2022 Mental Health Awareness (staff) 16:00-17:00

20/09/2022 CBT Interventions (staff) 16:00-17:30

27/10/2022 Parent/Carers Child and Worry (parent/carers) 10:30-12:00

01/11/2022 Male Mental Health (staff) 16:00-17:00

16/11/2022 Mental Health, Gender and Sexuality (staff) 16:00-17:00

07/12/2022 Self Harm (staff) 16:00-17:00

Should you have any questions on the Training Hub or any of the sessions, please discuss with your education setting's Mental Health Lead or Lead MHST practitioner. Please also consider inviting your MHST practitioner to inset days.

We look forward to seeing you at one of our events soon!

MHST WEBSITE

Our Mental Health Support Team website is up and running. The website is exclusive to MHST settings and is aimed at education staff, parents and carers, and young people. There will be downloadable information and updates about the service and much more.

[CLICK HERE FOR ACCESS](#)

PODCAST UPDATES



Podcasts to look out for this term are:

- August - How to manage the anxiety of exam results
- September - World suicide prevention day and National fitness day
- October - World Mental Health day
- November - World children's day and Self-care week



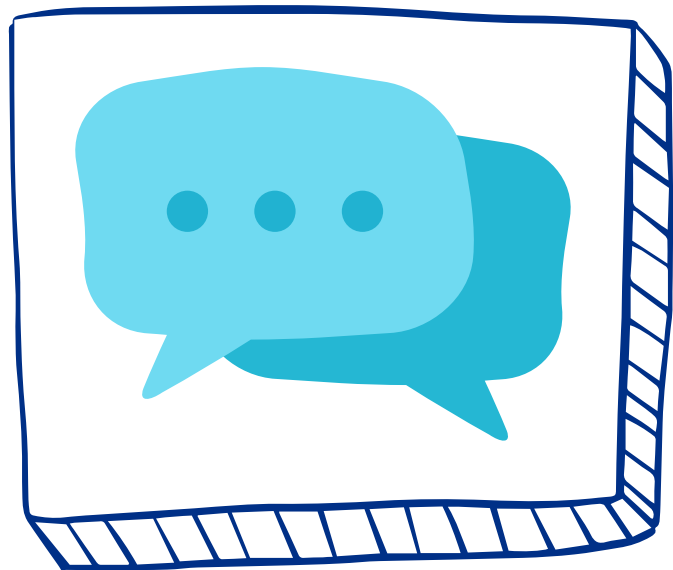
[CLICK HERE TO LISTEN](#)

AWARENESS DAYS INFO

We hope you are finding the resources we send out for our awareness days useful. If you have any ideas for upcoming months please do let us know!

Awareness days to look out for this term are:

- September - Masking
- October - World Mental Health day
- November - Bullying and Mental Health and World Children's Day



[CLICK HERE FOR RESOURCES](#)

FOLLOW US ON



CHILDREN AND YOUNG PEOPLES PARTICIPATION...



This term we are sharing more amazing work that young people have shared with us recently. Our peer support worker is also sharing an overview of what support they can offer.

EMOTIONS

EMOTIONS ARE NORMAL, THEY HAPPEN EVERY DAY, THERE ARE SO MANY OF THEM IT WILL BLOW YOU AWAY.

YOU CAN BE ANGRY, SAD AND LOTS MORE, THEY ALL HAPPEN IN YOUR CORE.

I AM VERY HAPPY TODAY, I HOPE THIS POEM IS OK!

This poem was written by two young people who attend Beacon Primary school - they wrote this during the lunch time nurture group they attend.



Peer Support

My name is Shannon and I'm one of the peer support workers working with young people in Lincoln and Gainsborough. As part of my role I will be working alongside MHST to support young people in schools. As Peer Support workers, we all have our own lived experience of mental health difficulties and accessing mental health services as young people. We are passionate about supporting young people and use our lived experiences to do so. We come from a range of different backgrounds and have different interests and experiences rather than professional qualifications. This means we are different to other professionals you meet because we offer a different type of support; we focus on hope, sharing lived experiences and your personal recovery. Some of the things that peer support can help with are;

- We can provide emotional and/or practical support to young people who might be finding it difficult to access or engage in any ongoing support or therapy.
- We can provide support in the community and help young people reconnect with their interests and education to build self esteem and meet recovery goals.
- We can provide a listening ear and share some of our lived experience, which could hopefully help you feel like you're not alone.

TRACII AN EMHP IN THE BOSTON TEAM SHARED THERE POSITIVITY STONES THAT WERE COMPLETED IN A SESSION WITH A YOUNG PERSON SHE WAS WORKING WITH. THE YOUNG PERSON'S PLAN WAS TO LEAVE THE STONES IN RANDOM PLACES TO SPREAD SOME HAPPINESS TO OTHERS. TRACII SHARED THAT THE YOUNG PERSON HAD BEEN LOW IN MOOD AND THEY FOUND THAT THIS ACTIVITY, AND GETTING HER TO FOCUS ON BOOSTING THE MOOD OF OTHERS, WAS A HUGE STEP FOR THE HER AND A REALLY POSITIVE OUTCOME.

