



# 2024

# MHST Newsletter

## January 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.

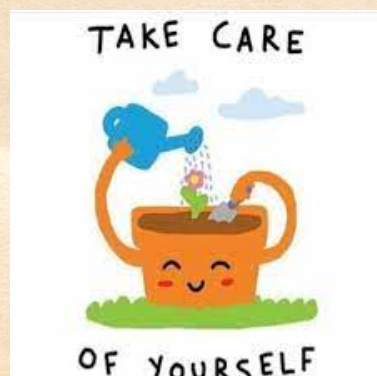
The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribblesdale Valley (including Nelson and Colne and Accrington College).

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.

### Happy New Year!!

From all of us in the Mental Health Support Team we wish you a very Happy New Year, we hope you have had a restful Christmas and new year break and have had some time to spend with loved ones. We know that Christmas can be a difficult time for parents and that difficulty can often continue into January. This edition of the newsletter will have a focus on Parent Mental Health, we will be offering some advice and signposting on mental health and wellbeing for parents and the last page will also include some more practical signposting associated with support around the cost of living crisis. As always we hope you find this information helpful.

As a team many of us have had a break away from work over the Christmas period and are feeling refreshed and excited to get back to supporting young people with their emotional health and wellbeing, we hope to meet more of you in the upcoming year and continue to work hard and strive to be the best service we can be; if you see us around at any events or in school please say hello!



### Team News



January 2024 will see the BwD team start to plan Transition support for year 6 students moving up to year 7 in September, we are also relaunching our young persons participation group and will be looking for new members. If you know of any young person who is passionate about mental health and sharing their voice and ideas please speak to your school MHST practitioner or email: [lisa-marie.naylor@elht.nhs.uk](mailto:lisa-marie.naylor@elht.nhs.uk).

From January our BwD Secondary Team will be attending Blackburn Youth Zone offering drop in advice and signposting and asking young people for ideas on developing our service, if your young person attends the youth zone please ask them to say hello!



# Parent Mental Health

Looking after your own wellbeing is not selfish it is vital in maintaining strong roots for a positive impact in all aspects in your life.

**PARENT MENTAL HEALTH DAY**  
27th January

## Water your well-being

Go for a calming walk, take notice of everything around you. Exercise in any form is an amazing immunity booster and can clear your thoughts, improving wellbeing.

Get together with a family member to sort books/clothes for a charity collection. You'll be spending time together whilst decluttering your home and doing something for the greater good.

Make an effort to pay each family member a compliment at least once a day. By acknowledging their strengths and positives, you will help to foster a supportive environment and show that you care.

Plan a relaxing night in with a movie and popcorn. Decide what you will watch and set aside time for it. Maybe get some snacks you don't usually have in the house.

Keep a 'brain dump' diary. Our brains can often feel very cluttered and disorganised. Keeping a "brain dump" diary can give you a more concrete way to organise your thoughts. This allows for clearer focus and can reduce symptoms of stress.



Improves energy

Reduces anxiety/stress

Improves mood

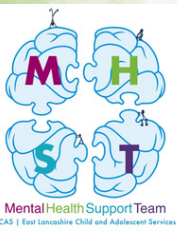
Raises self-esteem

Interaction and attachment with children

Community engagement

Work productivity

Relationships  
Chores and demands



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

# Signposting

**PARENT MENTAL HEALTH DAY™**

**Parent Mental Health Day**  
**27th of January 2024**

Creating Positive Relationships this  
**#stem4PMHD**



**CLICK HERE**

**Creating Positive Relationships**  
**webinar**

**for Parents and Carers**

**25th January 2024 at 7pm**

Join us for our free 'Creating Positive Relationships' Webinar for Parents and Carers on the 25th of January at 7pm, in advance of stem4's Parent Mental Health Day 2024.

Scan here

#stem4PMHD  
#CreatingPositiveRelationships

PARENT MENTAL HEALTH DAY  
27th of January



Information and guidance on grants and benefits to help with the rise in cost of living - please double click on the image for information from your local council



**CLICK HERE**



**The parents and carers' guide to looking after yourself**



**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.**

**Introduction to the Mental Health Support Team (MHST)**

Join us to find out what work the East Lancashire MHST are doing in Burnley, Rossendale, Hyndburn and Ribble Valley secondary schools & colleges. How we support young people, the school and families.

Thu. 14/12 5-5:30 Meeting ID: 391 823 806 263 Passcode: ISUVZ	Fri. 15/12 12:30-1 Meeting ID: 383 173 167 008 Passcode: yMFax	Mon 18/12 12-12:30 Meeting ID: 336 707 353 656 Passcode: RUV3P
Fri 5/01/24 12:30-1 Meeting ID: 366 549 971 996 Passcode: NEuG9k	Tue 9/01/24 5:30-6 Meeting ID: 399 104 141 826 Passcode: oFGySd	Fri 12/01/24 12-12:30 Meeting ID: 378 932 882 609 Passcode: 6ptUap
Wed 17/01/24 12-12:30 Meeting ID: 398 115 339 676 Passcode: BUXMjk	<p>Join us on Microsoft Teams by adding the ID and passcode of your chosen date.</p> <p>To assess by scanning the barcode or going to <a href="https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting">https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting</a></p>	