



# MENTAL HEALTH SUPPORT TEAM

## Parent Newsletter

**EDITION 1  
SPRING  
2022**

**Welcome to the first MHST Parent Newsletter!**

We are a wellbeing service who work in your child's school. Here we will provide you with some information about us and our offer.

### Who are The MHST?

A low intensity, early intervention, NHS-based service. We work in selected Nottinghamshire schools offering young people support around mild to moderate wellbeing difficulties.

We work across specific Primary and Secondary schools with pupils aged 5-18.



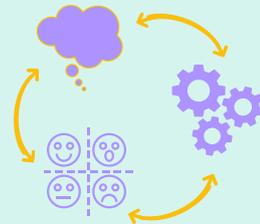
**THIS IS OUR TEAM LOGO, YOU MIGHT SEE IT AROUND YOUR CHILD'S SCHOOL ON OUR PROMO POSTERS!**

### What do The MHST do?

Promote the wellbeing of all pupils in our schools by providing them, their families and staff with Cognitive Behavioural Therapy (CBT) based information, input and strategies.

CBT: The idea that how we think, act and feel are all connected.

By noticing patterns and making small changes to how we think and act, we can reduce feelings of distress, anxiety and low mood.

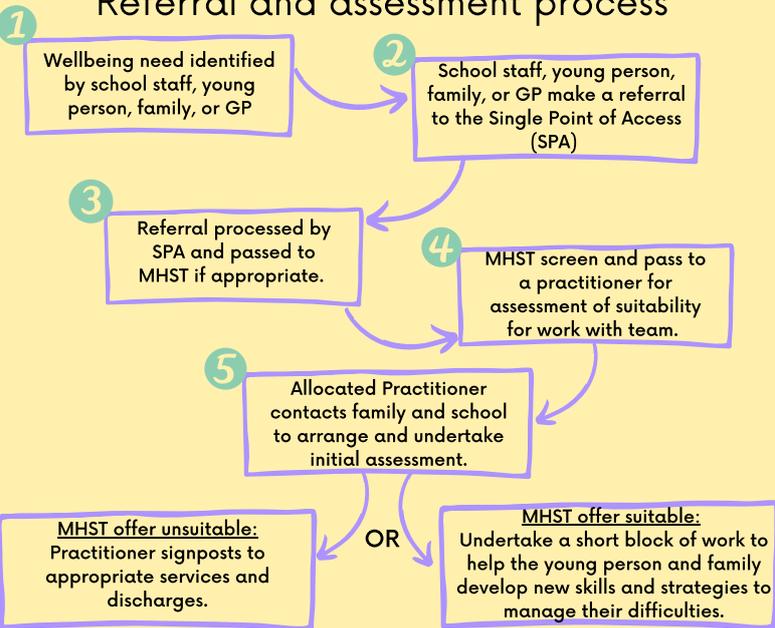


**WHERE APPROPRIATE WE OFFER INPUT INFORMED BY ALTERNATIVE THERAPEUTIC APPROACHES TO CBT.**

### How do The MHST help young people on our caseloads?

#### FOR INDIVIDUALS

#### Referral and assessment process



**THE BEST WAY TO MANAGE A YOUNG PERSON'S DIFFICULTIES MAY BE THROUGH GROUP WORK. WE OFFER GROUPS FOR YOUNG PEOPLE ON CASELOAD AROUND BOTH ANXIETY AND LOW MOOD.**

**WE OFFER ONE TO ONE AND PARENT WORK WHERE IT IS THERAPEUTICALLY APPROPRIATE.**

**The amazing poem below was written by a young person who has worked with our service.**

*Be The Rainbow*

You don't always have to be happy  
Everything's ok  
Why not go and tell someone,  
They could brighten up your day!

Don't bottle up your feelings  
Don't keep them locked away  
Don't let the sadness stop you  
Don't let it stand in your way

You won't always feel like this  
You can make a change  
We all need to start somewhere  
Rainbows come from Rain!

*Faith-Elise aged 8*



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### How do The MHST help our schools?

#### FOR PARENTS

**On caseload, we offer parent groups around:**

Anxiety

(Including Emergent School Refusal, Excessive Worry, Mild Phobias, Panic Symptoms, & Separation Anxiety)

Mild Behavioural Difficulties

**Working with and through parents can be the best way to help children who need individual wellbeing support.**

#### FOR WHOLE SCHOOLS

**Where need is identified by school staff, we offer general workshops.**

For Pupils

Exam Stress, School Transitions, Self-care, & Sleep

For Parents

Basics of Wellbeing, Understanding Your Teen, & Sleep

**We also support school staff to recognise and manage wellbeing needs through training and workshops.**

### Feedback From Families

"...[the therapist] acknowledged that I worked full time, so fitting in sessions and the homework was a challenge, but she was really helpful and accommodating with this."

- Parent Feedback

"I feel like I have had a...guiding hand helping me through and that is invaluable. I am going to miss...sessions so much and really hope that I continue to implement the changes at home"

- Young Person Feedback

### Parent Corner



**A GREAT WELLBEING RESOURCE FOR PARENTS IS THE YOUNGMINDS PARENT SUPPORT PAGES**

Click through to the YoungMinds parent page here!

Where you can find...

- Blog
- Parent Helpline and Webchat
- Tips on starting difficult conversations with your child
- Parent A-Z of advice and support around topics such as bullying, self-harm, grief, and loss

### Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourself...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school from the list further down.

Find out more on our webpage:

<https://bit.ly/37xsn1P>

Find Notts Healthcare Mental Health Services online...



[bit.ly/37qtfoz](https://bit.ly/37qtfoz)



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)

### Useful Contact Details

ChildLine: 0800 1111  
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560  
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies