



2023

Issue 18

MHST Newsletter

January 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 'request for support' form to the MHST.

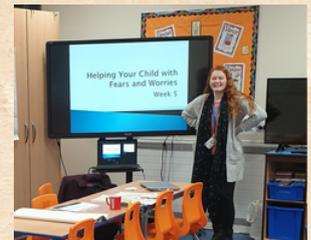
Happy New Year!!

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



Parent led interventions

Burnley and Pendle MHST have been running parent led interventions in schools over the past 12 months.

These interventions are aimed at upskilling parents as "therapists" in order to empower them with the skills to effectively and positively deal with the challenges presented when their children are struggling with fears, worries or challenging behaviours.

Parental feedback from a recent group highlighted the range of impact participation in these interventions can have on families.

"Before coming to this group I was at rock bottom, now I can see a way forward because of the progress we are making"

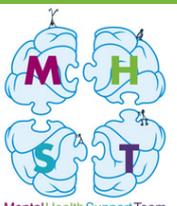
"This has really boosted my confidence as a parent"

"I can finally see the light at the end of the tunnel"

"The ladies running the group were lovely and so approachable, thanks for the cakes!"

"I feel like I have reconnected with my child".

"The group support has made me feel like I am not alone, we started as strangers and left as friends".



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

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

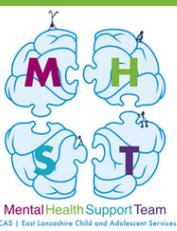
Raises self-esteem

Interaction and attachment with children

Community engagement

Work productivity

Relationships
Chores and demands



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Signposting



stem4
supporting teenage mental health

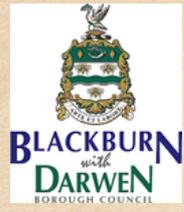
**PARENT MENTAL
HEALTH DAY**
27th January

Whilst in most instances parents and carers dig deep to find the resources and resilience needed to help their families and face the challenges that arise, the need to find financial, health and digital harms security may result in less time spent as a family together and fewer opportunities to focus on family wellbeing, leading to potential negative impact on mental health.

That's why this year's theme is #BuildFamilyResilience, focusing on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times.



[CLICK HERE](#)



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



We build better family lives together
Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen



[CLICK HERE](#)



We are a well-being service offering a range of free psychological therapies to people aged 16 and over in Lancashire. We are part of the nationwide Improving Access to Psychological Therapies (IAPT) service delivered by Lancashire and South Cumbria NHS Foundation Trust.



We are LANCASHIRE WOMEN



[CLICK HERE](#)

We've faced so much as a nation over the last few years. **Lancashire Women** have a question for you... **How are you?**

If you are struggling with something, whether that be your mental health, keeping your home warm, debt or benefits, or applying for a new job; **Lancashire Women** can support you.

It can sometimes feel incredibly daunting to address an issue in our lives, and **Lancashire Women** are here to help ease the burden.

Get in touch for:

- Mental health support (1-1 therapy & wellbeing groups)
- Employment advice & guidance
- Money advice (debt, benefits, budgeting)
- Energy advice
- and much more!

Find out what support is available for YOU by giving us a call or self-refer via our website:

0300 330 1354

www.lancashirewomen.org