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Through this newsletter, we aim to keep you updated on the service, as well as sharing news, tips and advice around supporting young people's mental health and wellbeing. | | |  |  |  | | --- | --- | | |  | | --- | | [**Find out more about the service**](https://www.merseycare.nhs.uk/our-services/mental-health-support-teams) | | | |  | | --- | |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | |  | | Mental wellbeing autumn timetable [**Mentally Healthy Schools**](https://www.mentallyhealthyschools.org.uk/) has pulled together a calendar of mental wellbeing activity for autumn 2021 to support schools to plan ahead for themes and occasions where mental health can be promoted.   It also highlights some times in the school year that might be touch points of stress or anxiety for the whole school community.  [**Check it out here »**](https://www.mentallyhealthyschools.org.uk/resources/mental-health-and-wellbeing-calendar-autumn-term-2021/) |  |  | | --- | |  | | ****Get to know your MHST practitioner**** Your MHST practitioner should now be embedded within your school and part of your school community.  To find out who your school's MHST practitioner is, contact the Mental Health Support Team on  01925 664 120 or email:   **Warrington** [**nwbh.mhsupportwarr@nhs.net**](mailto:nwbh.mhsupportwarr@nhs.net)  **Knowsley** [**nwbh.mhst-knowsley@nhs.net**](mailto:nwbh.mhst-knowsley@nhs.net)  **St Helens** [**nwbh.mhst-sthelens@nhs.net**](mailto:nwbh.mhst-sthelens@nhs.net) | |  |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | https://www.mentalhealth.org.uk/sites/default/files/MHF_WMHDay2021_Twitter_1200x675.jpg | | **World Mental Health Day – 10 October 2021** This year's theme is ‘mental health for all: let’s make it a reality’.  The Covid-19 pandemic has had a major impact on people’s mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted.  Yet there is cause for optimism. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels. And some countries have found new ways of providing mental health care to their populations.  Find out more about World Mental Health Day at: [**www.mentalhealth.org.uk/campaigns/world-mental-health-day**](http://www.mentalhealth.org.uk/campaigns/world-mental-health-day)   |  | | --- | | **Say #HelloYellow for World Mental Health Day**  Every October, [**Young Minds**](https://www.youngminds.org.uk/) charity encourages people across the country to [**wear yellow**](https://www.youngminds.org.uk/support-us/fundraising/helloyellow/) for WMHD to raise awareness and money for young people’s mental health.  WMHD this year falls on a Sunday, but Young Minds is encouraging schools to ask their pupils and staff to wear yellow on Friday 8 October in exchange for a donation to Young Minds. **Dig out your neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health! You can** [**sign your school up to #HelloYellow**](https://www.youngminds.org.uk/support-us/fundraising/sign-up-to-helloyellow/) **on the Young Minds website.**  cid:image005.png@01D7B080.DFA9D230 | | | |  |  |  |  | | --- | --- | | https://mcusercontent.com/6ca43c25ec6fc6cb4bf82a03b/images/bb772342-c648-40c4-b1f4-61917a87eeaa.png | https://mcusercontent.com/6ca43c25ec6fc6cb4bf82a03b/images/38fa190b-13cb-44b2-b117-b75d1647558c.jpg | | **Coping with stressful situations**  The Children's Society has produced a helpful guide, developed in partnership with young people, to support young people to cope better with stressful situations, centred around the five ways to wellbeing:   * Take notice * Connect * Be active * Be creative * Keep learning   [**Check it out here »**](https://www.childrenssociety.org.uk/sites/default/files/2020-10/Young-People-Guide-to-Stressful-Situations.pdf) | **We are Covid safe**  We are continuing to work within Covid-19 guidelines to safely offer face-to-face contacts within schools and children's centres but we are continuing to carry out appointments virtually using a video consultation package called Attend Anywhere, and have also been facilitating group sessions using Zoom.  This option is still available if this better meets the young person’s needs. |  |  | | --- | |  | |  |   **Download your MHS**  **leaflets and posters**  .  **Download your MHST leaflets and posters**  Please feel free to download the resources using the links below and share via your own channels. You can also request printed copies of the leaflets and posters from your MHST practitioner or by emailing them directly.   * [**A3 poster for primary schools**](https://www.merseycare.nhs.uk/download_file/1985/0) **(Warrington)** * [**A3 poster for secondary schools**](https://www.merseycare.nhs.uk/download_file/1984/0) **(Warrington)** * [**Leaflet for primary school parents**](https://www.merseycare.nhs.uk/download_file/1983/0) **(Warrington)** * [**Leaflet for secondary school pupils**](https://www.merseycare.nhs.uk/download_file/1986/0) **(Warrington)** * [**A3 poster for primary schools**](https://www.merseycare.nhs.uk/download_file/1979/0) **(Knowsley)** * [**A3 poster for secondary schools**](https://www.merseycare.nhs.uk/download_file/1981/0) **(Knowsley)** * [**Leaflet for primary school parents**](https://www.merseycare.nhs.uk/download_file/1975/0) **(Knowsley)** * [**Leaflet for secondary school pupils**](https://www.merseycare.nhs.uk/download_file/1977/0) **(Knowsley)** * [**A3 poster for primary schools**](https://www.merseycare.nhs.uk/download_file/1980/0) **(St Helens)** * [**A3 poster for secondary schools**](https://www.merseycare.nhs.uk/download_file/1982/0) **(St Helens)** * [**Leaflet for primary school parents**](https://www.merseycare.nhs.uk/download_file/1976/0) **(St Helens)** * [**Leaflet for secondary school pupils**](https://www.merseycare.nhs.uk/download_file/1978/0) **(St Helens)**  |  | | --- | | **Our top 3 mental wellbeing apps  for young people**  We have pulled together our top 3 mental wellbeing apps for young people.  These apps are all free and are endorsed by the national NHS website.   1. **Blue Ice** – [Blue Ice](https://www.nhs.uk/apps-library/blueice/) is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue. 2. **MeeTwo** - The [MeeTwo](https://www.nhs.uk/apps-library/meetwo/) app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships. 3. **Chill Panda** - the [Chill Panda](https://www.nhs.uk/apps-library/chill-panda/) app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries. |  |  |  |  | | --- | --- | --- | | |  | | --- | | [https://mcusercontent.com/6ca43c25ec6fc6cb4bf82a03b/video_thumbnails_new/e47d447edd787b9b68b5980389d4ad39.png](https://youtu.be/VV5RRj1Oxj4) | | **Watch our animation!** **Still not sure how the Mental Health Support Team works within your school? In our short animation, Michelle, one of our MHST practitioners, talks through the service and how it can help your school.** | |  |  | | --- | |  | | **Updates from your local MHST** **Warrington Mental Health Support Team**  Welcome back to your new academic year from everyone at Warrington MHST. We hope you had a restful summer break.  The majority of trainee Education Mental Health Practitioners (EMHPs) have now received formal confirmation of qualification – congratulations to them and for recognition to all staff for all of their hard work in developing a new service during a national pandemic. We have one trainee EMHP who started training later than colleagues and is expecting to qualify in early 2022.  The team provided a relaunch presentation on 21 April to schools via MS Teams, which approximately half of schools within the MHST scheme attended. Thank you to the schools who shared positive comments about the service and about the support they have received from their EMHPs.  EMHPs have now set up regular consultation sessions for their allocated schools. We aim for consultations to be utilised for advice, updates on current cases, access to resources, and ad hoc training to Designated School Mental Health Leads (DSMHLs) who can then disseminate knowledge and resources to their school staff. This will enhance the whole school approach already in place and increase the knowledge and skills of school staff to help manage children and young people’s (CYP) mental health needs at a low level with existing school support systems. In this way we hope to be able to respond to the needs of CYP and schools as part of health promotion and early intervention objectives.  Consultations will take place with the DSMHLs but can also include other school staff who may know the CYP best. Currently some schools have different referrers (usually Heads of Year) and we acknowledge that they are a pivotal aspect of the CYPs support network.  However, we feel it is important for the DSMHL to be the focal point of consultation (and any subsequent referral) so that they have knowledge of their CYPs needs and also training needs for school staff can be identified. We really want to further develop the relationships between EMHPs and DSMHLs and having regular consultation sessions will support this. We hope that appropriate time invested in the DSMHL role will have a positive knock-on effect on pupils’ wellbeing and ultimately their education attainment.  If the consultation highlights some trends or themes to difficulties experienced by CYP then EMHPs can consider how best to respond to these. For instance, it may be more beneficial and time responsive to offer a group intervention, or, support form tutors and provide psycho-education in form settings, assemblies or classes. Additionally, training needs of staff can be identified which our EMHPs can support and develop bespoke or joint training with other DSMHLs. We are currently developing a training portfolio and will be piloting this with a few schools in the scheme during September and October. Following this we will roll this out to all MHST schools. If you have any specific ideas or needs for training then please liaise with your EMHP.  Over the last academic year our team have received 650 referrals. Interventions have been provided in school, community settings and virtually via our appointment platform Attend Anywhere.  For more information please speak with your EMHP, contact our duty practitioner, or our new team manager Katie Cole on **01925 664 120**.  **Knowsley Mental Health Support Team**  Knowsley MHST is currently based at Westvale Primary School in Kirkby and is also working closely with Kirkby High School and All Saints High School. We are due to offer support to 25 schools in the area later this year. We have been accepting referrals since the April 2021 and have received a total of 55 referrals. We are working hard as a team to offer assessments and interventions face-to-face but can also offer appointments via the virtual platform Attend Anywhere.  We look forward as a team to continue offering support and interventions for young people’s mental health and wellbeing and to engaging with the other MHST schools soon.  For more information, please speak with your trainee Education Mental Health Practitioner, or contact our duty practitioner on **01925 664 120**.  **St Helens Mental Health Support Team**  St Helens MHST is working closely with the Resilience Service and KOOTH as part of Thoughtscape - a combined offer of mental health and wellbeing support to children and young people in St Helens.  St Helens MHST and the Resilience Service work closely together to ensure all referrals are actioned by the most appropriate service in a smooth and seamless manner.  The MHST and Resilience Service teams are based at St Augustine of Canterbury Catholic High School and our practitioners are routinely on site at our other placement schools – Cowley International College, De La Salle and St Cuthbert's Catholic High School.  As part of the training period, our trainee Education Mental Health Practitioners are working hard as a team to offer assessments and interventions face-to-face but also offer virtual assessments via Attend Anywhere.  We have continued to receive referrals from these schools since the service launched in mid-March 2021. We have now received a total of 42 referrals into the service.  This month, as our trainee practitioners progress throughout their training we are extending this offer to all the selected MHST schools in St Helens.  For more information, please speak with your trainee Education Mental Health Practitioner or contact our duty practitioner on **01925 664 120**.  **Halton Mental Health Support Team**  We are excited to announce that we will be launching a MHST service in Halton from September 2021. Joining the existing mid Mersey service will be an additional two teams - one in Runcorn and one in Widnes. These teams will initially provide mental health support to 12 schools across the Halton borough, with the aim to eventually roll the support offer out to around 45 schools.  We have successfully recruited to all trainee EMHP positions, with all trainees planning to start in post this month. We have established a steering group with representation from children and young people’s groups, parent and carer groups, local authority and Halton CCG.   The clinical team manager for Warrington MHST has now transferred to the Halton team to bring experience and knowledge and help facilitate a smooth and effective set-up of the new service. We continue to recruit to senior practitioner positions with plans for the teams to be fully staffed by the end of the year. |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  | |  |  | | --- | --- | | |  | | --- | | ****Need advice about a young person?**** For urgent support contact our Crisis Line 0800 051 1508 | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Facebook](https://www.facebook.com/MerseyCareNHSFoundationTrust) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](http://www.twitter.com/mersey_care) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Link](https://www.instagram.com/merseycarenhsft/) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](http://www.merseycare.nhs.uk/our-services/mental-health-support-teams) | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Copyright © 2021 Mersey Care NHS Foundation Trust | | | | | | |