

NEWSLETTER

Mental Health Support Team

MHST



We would like to start this newsletter by saying a HUGE thankyou for everyone for your feedback on last months Newsletter. We are so grateful for any support and we hope you can see that we have taken onboard any comments we received.

The feedback was generally really positive and we are happy to hear how helpful some of last months links were in finding support and advice/activities to help keep your young people over the summer holidays.

We hope you have all had a lovely Summer and are feeling ready for the new academic year!



MEET THE TEAM

"Hello!! My name is Lisa, and I am a Mental Health Practitioner in the Blackburn with Darwen Secondary Team. I absolutely love supporting young people through difficult times and helping young people to overcome any barriers that are stopping them from enjoying life. I LOVE the seaside and one of my favourite places to visit is Lytham St Anne's."

YOUNG PERSONS UPDATE

Every month prior to this newsletter reaching parents/Carers; Young People from our Participation Group offer their feedback. Following last month they have asked if they can have a young persons section which we think is a great idea!

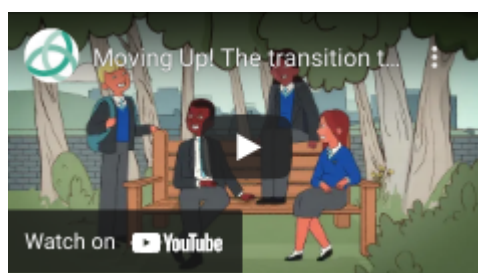
This months update comes from Charlotte and Precious who are both original members of the group and have been supported individually by the MHST.

"Last month as representatives of MHST we were invited to attend a residential with Blackburn Youth Service and Dawn Hardman. We had the BEST weekend and have made some great new friends, we completed training and have both now qualified as Wellbeing Champions. We want to thank everyone at the MHST for giving us this opportunity and for all the support in helping us both get to a stage where we are able to help others."



After the six weeks of summer, many of us will prepare our young people for some kind of transition. Whether that be starting secondary school, beginning GCSEs or just transitioning back into school and routine. For some young people, change can be a bit daunting so we have dedicated this issue to help supporting young people deal with and adapt to change. Additionally, due to the Coronavirus pandemic your child may not have had the usual transition experiences to help prepare for upcoming change.

Change and the uncertainty it brings can cause any of us to feel anxious. You may find your child is expressing worries to you about upcoming change. We have included a short, animated video to watch as a starting point to discussing thoughts and feelings around transition with your child. Please click here:



ANXIETY

We all experience anxiety from time to time. Anxiety happens when our brain thinks we are under some kind of threat. Uncertainty can be a threat as we do not know what is going to happen. It can affect:

How we think

Anxiety tends to be 'what if...' thoughts. Where we worry about things that have not happened yet, so we worry about what could happen.

How our bodies feel

When we are worried, our bodies prepare to face the threat. This is called Fight, Flight or Freeze response. We can feel sick, shakey, sweat or feel hot/cold.

How we behave

When we feel anxious, we change our behaviour to avoid the threat, or we seek reassurance from others to help us feel safe again.

OVERCOMING WORRY AND PREPARING FOR CHANGE

Helping young people to recognise their worries and creating a safe space for them to talk, can be the first step in helping them feel prepared for transition. This can sometimes be difficult, so we have included a range of activities you can do with your child on the next page. We hope you find them useful!

Transition Links



Meeting ID: 833 9455 0655
Passcode: 8PbcUT

Following feedback from a Parent survey we would love to invite you all to our New **Parent Participation Group (Secondary Schools in BwD)**.

Our 1st meeting will be held on **Thursday 23rd September from 6pm** (Via Zoom)

The aim of the meeting is to discuss how we can best engage parents/carers in developing the MHST. We greatly value your feedback and support so are hopeful that you will join us!

Whilst we are opening up the Parent Support Group for **Parent/Carers of secondary Students in BwD** initially there are plans to open this up to other areas and we will keep you up to date on any developments



Thankyou as always for your support, we greatly value any feedback so please speak to any MHST Practitioner if there is anything you would like to let us know on what is helpful or not with our newsletter!