



Newsletter

Mental Health Support Team



March 2025

MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for students from primary age 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 Ribble 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. You can also speak to your GP.

MHST Team News!

We would like to share some of the brilliant work that the MHST has been taking part in throughout this half term.

- We have delivered online parent webinars covering different topics such as understanding low mood.
- We have delivered workshops in schools such as the 'Big Emotions Workshop' to help children understand their emotions.
- We have also delivered assemblies to schools to support Children's Mental Health Week. This year's theme was 'Know yourself grow yourself'.
- We have celebrated progress with parents who have recently completed the Incredible Years Programme. We are so proud of all the parents who took part!

Lisa

HELLO!

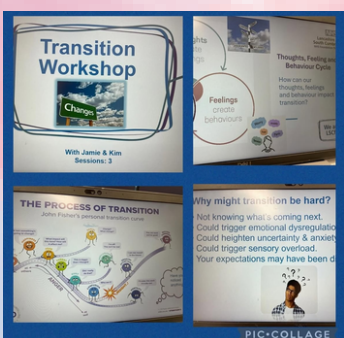
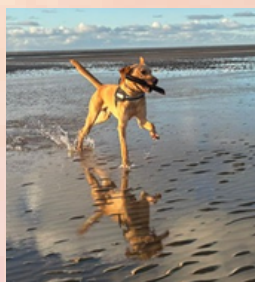


Staff Introduction

Hello! My name is Lisa and I am a Senior Mental Health Practitioner in the Blackburn with Darwen Secondary Schools team. This is my 5th year in the MHST and I love my role; day to day my role consists of:



- *High Intensity Cognitive Behavioural Therapy (CBT) with young people - these sessions usually take place in schools but sometimes we meet in health centres or online.
- *Supervision to support other staff in the team - I love this time as its great to share ideas and skills, I particularly enjoy our group supervision sessions.
- *Participation - Is my passion! I love to collaborate with young people; I am so excited to get our new participation group up and running soon - watch this space!

When I am not in work I love nothing more than socialising with my family and friends, I love the sun and I love being on holiday. I also enjoy long walks with my very active 1 year old Labrador called Buddy!



Newsletter - we work as a group to create this newsletter and are always looking for new suggestions and content so if you have any please email us at mhstnewsletter@iscft.nhs.uk

Follow us for regular updates and helpful Tips

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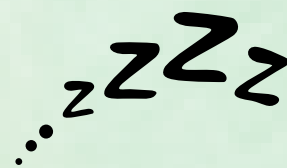


SCAN ME



World Sleep Day

Friday 14th March 2025



This year's theme is: **Make Sleep a Priority**

Sleep and mental health are closely linked and daily life can be really tough if you are struggling to sleep. The scientific evidence is clear - your sleep is essential to health & wellbeing and is as important as nutrition and exercise.

How much sleep do we need?

You might be surprised to know the NHS recommends:

7 hours for adults (over 18)

9 - 13 hours for children (under 18)



Top Tips for Sleep

- Be active during the day - physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
- Avoid caffeine near bedtime - caffeine is a stimulant which means it can help keep you wake and alert, which can leave you tossing & turning at night.
- Say *goodnight* to electronics- make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime, so shut everything down an hour before lights out.
- Keep a sleep routine - going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you
- Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the more likely you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well". It can also help to practice breathing exercises or gentle yoga poses before bed.

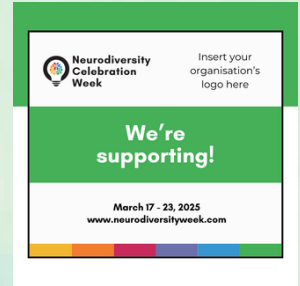


Neurodiversity Celebration Week

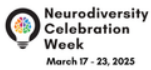


Lancashire & South Cumbria
NHS Foundation Trust

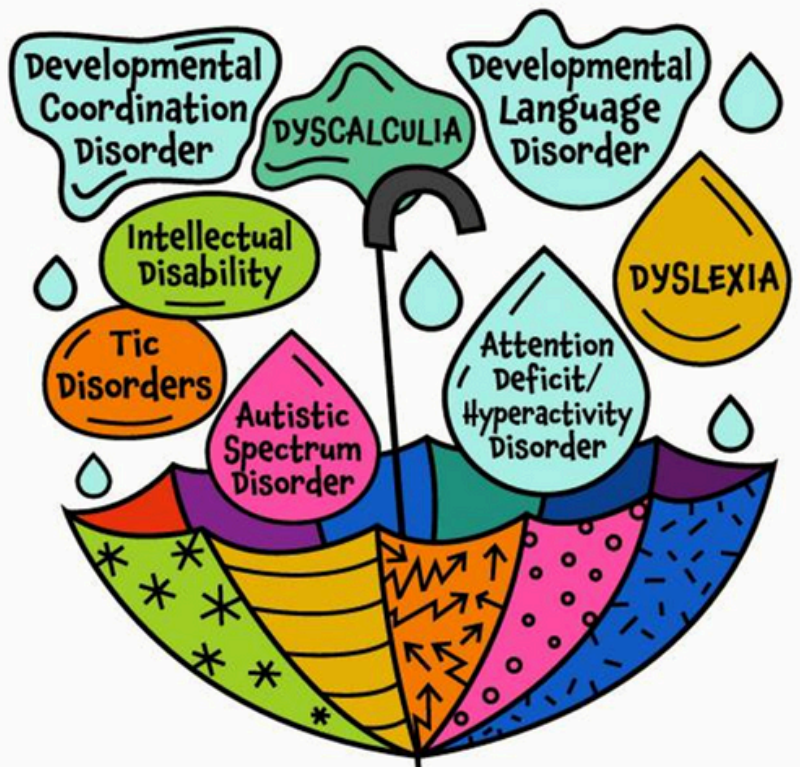
Neurodiversity celebration week takes place
17th to 23rd March 2025



Neurodiversity Celebration Week aims to transform how neurodiversity is perceived by providing the opportunity to recognise the many skills and talents of neurodivergent individuals.



March 17 - 23, 2025



NEURODIVERSITY

Did you know
Will.i.am
has ADHD?



"Music brings control to my thoughts. I am here to let you know that you can be anything you want to be"

- Will.i.am, Singer / Producer

www.neurodiversityweek.com

What is neurodiversity?

Neurodiversity refers to the differences between how people think, process information, behave and communicate.

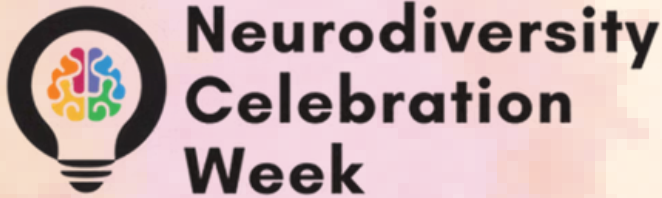
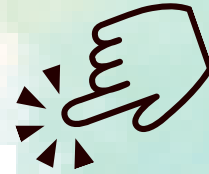
It emphasises that everyone's mind works differently. People have different interests, motivations, skills, and strengths. These differences should be recognised, understood, respected, and celebrated.

While everyone is unique, most people are neurotypical - their brains process information in a relatively similar way. People who process information differently may be neurodivergent.



Lancashire & South Cumbria
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Click images to find out more



Family **AUTISM** Service

Is your child seeking or has an autism diagnosis?

Do you live in East Lancashire or Blackburn with Darwen?

Is your child/children under 25 years old?

Are you a parent/carer looking for information, advice and support?

Come along to our:

- Parent Support Group
- Autism Awareness Sessions and workshops
- Cygnet Course
- Social Activities (for families, young people, siblings)
- Emotional Health and Well Being sessions

MAKE A REFERRAL

For more information:
☎ 01254 244706 | ✉ autism@canw.org.uk | www.canw.org.uk

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Address:
The Billy Project CIC
Unit 5 Portside units
Albert street
M8 1HJ
BB2 4BL

Does your child have ADHD? or are they under assessment for ADHD?

Are you a professional that knows a family that could benefit from our help?

What we offer

- Outreach Support**
Parent & family support by our qualified family practitioners
- Telephone Support**
- Assist with services/agency meetings**
We can attend TAF, Children in Need meetings or of anything similar
- Parent Empowerment & Skills Training Programme**
Gain the knowledge, tools and confidence on how to parent a child with ADHD

Where we are based

- East Lincs
- Blackburn with Darwen
- North Lincs
- South Cumbria
- Central Lincs
- Blackpool

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