



MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter



"Autumn is a second spring when every leaf is a flower"

-Albert Camus

Autumn is a natural time for transitions in nature as well as the transition of a new school year. Parents are well placed to celebrate change and facilitate fresh opportunity for the young people we work with. Our theme for this term is "Seasons of Change" - see the theme box below for ideas about how you can encourage and support your children to recognise and celebrate such opportunities.

Who are The MHST?

Our aim is to empower children & young people by helping them develop skills to manage their wellbeing and maintain good emotional health.

We deliver workshops and assemblies across infants, junior, primary, and secondary schools to help children & young people to understand :

- That feelings and emotions are normal & how they might affect our behaviour
- The importance of self-care & healthy habits to maintain good health
- Strategies to manage strong or uncomfortable emotions
- The importance of asking a trusted adult for help



What does the MHST offer?

We are an **early intervention** service with the aim of supporting children & young people with mild-to-moderate issues as early as possible to avoid them having an impact on the child or young person's health, wellbeing and learning.

We can support when your child **often**:

- Has difficulty sleeping
- Feels low
- Finds it really hard to motivate themselves
- Becomes irritable or angry
- Has obsessive behaviours
- Struggles to regulate strong emotions
- Feels they can't stop worrying or cope with stressful situations
- Avoids things they know they want/need to do
- Struggles with fears or phobias



Support may be in a small group or 1:1, the appropriate support and practitioner will be allocated to you based on the support required. You can find out more or self-refer your child for support via the QR codes at the end of this newsletter. Alternatively, speak to your school Mental Health Lead or Pastoral Team.

How the MHST Supports Parents

The MHST offers support to parents and carers across all of our schools. We have several online webinars that are run termly and can be accessed by any parent with a young person at an MHST school. You can access these via link or QR code sent out by your child's school.

We also offer parent/carers courses with a referral into our service. Parent course are evidence-based courses that teach parents/carers practical skills to support their child/young person with specific difficulties, where direct work with the child/young person may not be suitable due to age or other factors.

PRIMARY SCHOOLS

Courses:

- Forever Families (strategies to support behaviour)
- Managing Anxiety with your Child (MAC)
- Neurodiversity and Anxiety

Webinar:

- Children's Emotional Health and Wellbeing

Videos:

[Sleep Hygiene \(Primary\)](#)

SECONDARY SCHOOLS

Courses:

- Neurodiversity and Anxiety
- Parent and Adolescent Relational Training (PART)

Webinars:

- Children's Emotional Health and Wellbeing
- Understanding Your Teen
- Self-Harm

Videos:

[Self-Harm Awareness](#)
[Sleep Hygiene \(Secondary\)](#)

VISIT OUR WEBSITE FOR MORE PARENT
RESOURCES AND VIDEOS



Parent Corner

Click the icons for other support/information



nottshelpyourself.org.uk



Youth Voice & Feedback...

"Thanks so much, [child] does talk to me about the sessions and I feel they have really helped. Thanks again for this wonderful support which I feel has been amazing 😊"

Parent

"There has been a remarkable change in [child] over the last weeks, she is coming out of her shell, being proactive. I am over the moon for her. Thank you so much for everything you have done."

School Mental Health Lead



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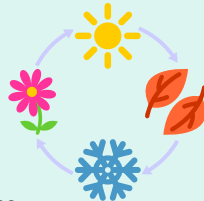


Seasons of Change

Change can be a positive opportunity to learn and grow. Going through changes can help children to build resilience and confidence, whilst allowing them to learn new skills such as problem solving. Some children can find change overwhelming or scary, but with some guidance from trusted adults they can learn that change can be really positive because it brings new opportunities and teaches them to be brave and adaptable.

Some of the opportunities you can encourage your children to recognise and celebrate include:

- Meeting new people
- Having a fresh start
- New uniform, timetable, and subjects
- New clubs and activities
- New routines and environments
- Discovering hobbies or identity
- A reminder that all things change, like seasons



Click the icons for useful resources



Autumn Activities to Try at Home



Ideas for younger children

- ▶ A mindful nature walk, observing colours and sounds
- ▶ Go for an Autumn scavenger hunt and make art with what you find
- ▶ Create an Autumn leaf collage



Ideas for young people

- ▶ Enjoy an autumn hike, taking in the sceneries
- ▶ Make a pumpkin spice sugar scrub
- ▶ Bake some cinnamon rolls
- ▶ Create a scarecrow



Further information on what's on in Nottinghamshire can be found here



Calendar dates Autumn 2025:



10 SEPTEMBER - WORLD SUICIDE PREVENTION DAY



6-10 OCTOBER - HAPPINESS AT WORK WEEK

10 OCTOBER - WHO WORLD MENTAL HEALTH DAY



Self-Care Forum
Helping people take care of themselves

3-7 NOVEMBER - INTERNATIONAL STRESS AWARENESS WEEK

17 - 23 NOVEMBER - NATIONAL SELF-CARE WEEK

1-7 DECEMBER NATIONAL GRIEF AWARENESS WEEK



Click on icons for further information

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 yourselves...



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 on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



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: 0808 1963779
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies