



Newsletter



Mental Health Support Team

April 2026



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.

Team News

Hello everyone
We hope you all had a relaxing Easter Break and enjoyed some of the sunshine we had.

Staff from the team have also had some time off over the bank holiday weekend. We have been busy putting new resources together, creating workshops and of course still continuing to see some young people at Children's Centres and online. This issue of the MHST Newsletter contains information and signposting for Mental Health Awareness Week coming up in May and also some tips around supporting your child with Exam Stress.

Young Peoples Column

During the easter holidays we met as a group and spent time reflecting on the topic of Mental Health and Stigma, we had an interesting discussion and have shared our thoughts with the Communications team at LSCFT who are in the process of developing a campaign looking at this topic.

We also spent time looking at a clip of the MHST video which is due for release soon we hope. This video will show young people who get referred to the team what they can expect on their first appointment.

Finally we spent time working with staff on designing a training package, we are hoping to work on this more during our next meeting in May. We are always looking for new members so feel free to join us next month.

WE NEED YOUR HELP

PARTICIPATION MEETING

IMPORTANT INFORMATION

YOUNG PEOPLES PARTICIPATION GROUP

TUESDAY 26TH MAY 2026
1-3.30PM

Are you aged 8-16 years old and attend a primary or secondary school in Blackburn with Darwen?

Are you interested in having your say in shaping mental health services for young people? This meeting will be focussing on creating training materials for parents/carers, and professionals.

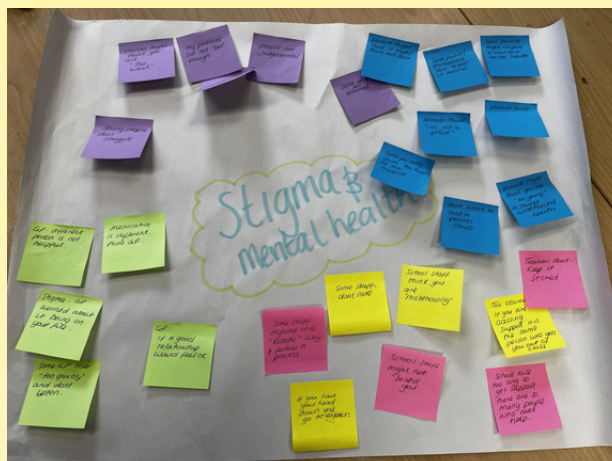
MEETINGS HELD AT

BLACKBURN YOUTHZONE

Contact Us

For more information
MHST email: lisa.naylor@lscft.nhs.uk or phone
Lisa on: 07974295821

WE WANT YOU!



Newsletter - We work as a group to create this newsletter and are always looking for new suggestions and content. If you have any to share, please email us at mhstnewsletter@lscft.nhs.uk



Mental Health Awareness Week

11-17th May 2026

Mental Health Awareness Week this year will take place from Monday 11 – Sunday 17 May 2026. The theme, as set by the Mental Health Foundation, is to: **Take Action**.

Mental Health Awareness Week 2026 invites us all to Take Action to protect and improve our mental wellbeing, as well as the wellbeing of others. This year's theme highlights that meaningful change often starts with small, everyday actions — from starting an open and honest conversation, to making time for rest, connection, and self-care, or offering support to someone who may be struggling. Taking action can also mean recognising when we need help and feeling able to seek it without fear or judgement. Throughout the week, we'll be sharing ideas, resources, and activities designed to encourage positive steps and collective responsibility. By taking action together, we can help break down stigma, build resilience, and create a culture where mental health is valued, supported, and prioritised all year round



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WAYS TO TAKE ACTION FOR MENTAL HEALTH



- Talk to a friend or someone you trust about anything that's on your mind.
- Reflect on your feelings, and take positive steps to look after yourself.
- Create healthy habits, like getting more sleep or moving your body.
- Set boundaries with social media and activities that are stressful or overwhelming.
- Learn about mental health to understand yourself and others better.
- Be kind—even small acts of kindness can make a big difference.

MENTAL HEALTH AWARENESS WEEK 2026



ACTION
FOR YOURSELF.
FOR SOMEONE ELSE
FOR ALL OF US.

[CLICK HERE](#)



How to help your child manage exam stress: Tips for parents

Work with your child to find revision strategies that work for them.



Validate their feelings—these are normal! Offer support and solutions.



Encourage them to take revision breaks and plan and do enjoyable activities.



Remain positive and hopeful.



Plan a treat or an activity to celebrate the end of exams.



Set aside 1-1 time so they can talk to you about any worries.



Encourage a good bedtime routine.



Work with to develop relaxation techniques.

Reinforce and reassure that you will be proud of them no matter what.



Make sure they are eating and drinking regularly.





Signposting and Information



Lancashire & South Cumbria
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Click on the images
or scan the QR codes



Navigating exam
season - free resources



Exam stress



Careers advice for young
people - New Directions

Follow us for regular updates and helpful tips:

 [lscft_cypmheast](#)

 [Cypmh East Mhst](#)



SCAN ME