

MHST Newsletter

June 2022

MHST? Who are we?

The Mental Health Support Team (MHST) provides an easily accessed service for pupils from primary 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, Year 1 to Year 6 in Burnley & Pendle, and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Hyndburn and Rossendale Colleges).

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 will refer you directly to the service.

Team News

We are happy to share that all of our Educational Mental Health Practitioners (EMHP's) have completed their training and we have some Cognitive Behavioural Therapist 's who have finished also! Well done to all of you, just waiting to hear back about some final marks but we are sure you have all passed with flying colours. Massive well done to you all.

Team News

We are happy to share our new Web Page on the East Lancashire Hospital Trust's website. Please click on the image below to look us up and find further information and advice about who we are and what we do.



Upcoming events

We are proud to be supporting Blackburn's first ever Pride Event this year! We will have staff joining the parade and we will also be on the ELHT stand offering information, advice and signposting on the day. Please come and say hi if you are attending! For more information please click on the image.



Managing Exam Stress

For Young People

Exam stress can affect anyone. You might be worried about doing enough revision, getting the grades you need or feel pressure from your school or family.

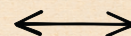
It can seem scary to talk about stress or anxiety. You might feel like nobody else is feeling this way. But bottling up stress and trying to deal with it on your own can often make the stress worse. So it can really help to talk.

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

- *Let your trusted friends and family know if you are struggling - you don't have to go through this alone, don't be afraid to open up.
- *Ask for help. Think about all the practical support you need - Talk to your teachers they will have supported students through difficult times before.
- *Try finding a study group, or start your own - Working through problems with friends can be a good way to socialise and keep morale going!
- *Be kind to yourself - Think about all of the things you have achieved so far!
- *Keep it in perspective - Results are not the only measure of success

CLICK HERE



Your exam results do not define you as a person and/or predict your future!
Laura Henry

Revision Tips

Try breaking it up into chunks and creating a daily timetable



Be realistic about what you can achieve in a day



Focus on you and don't compare yourself to others



Make sure you take regular breaks from studying

Not everyone studies the same way



The Student Room is the UK's largest online community for students with lots of free advice and guidance, including revision guides, advice on making flashcards or mindmaps and a range of top-tips from students themselves

For Parents

Tests and exams can be a challenging part of school life for children and young people and their parents or carers, but there are ways to ease the stress.

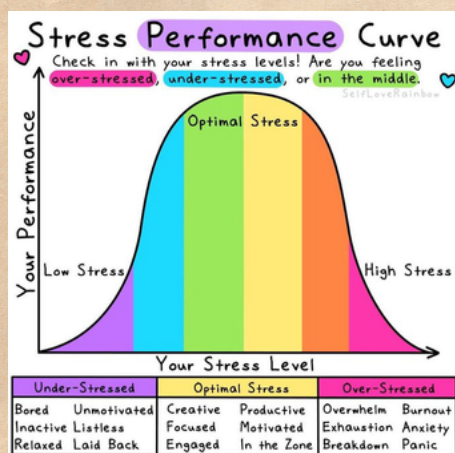
- *Watch out for signs of stress
- *Make sure your child eats well
- *Help your child get enough sleep
- *Be flexible during exams
- *Help them study
- *Talk about exam nerves
- *Encourage exercise during exams
- *Do not add to the pressure
- *Make time for treats
- *Know where to go to get help

CLICK HERE



Stress can be helpful!!

This stress curve diagram shows how some stress can help us work at our best but also what happens when demands become too much.



The stress curve is a graphical representation of how stress can affect someone. It uses a curved line to show how our performance level can rise, peak and fall as demands increase. It shows how some stress can help us work at our best but also what happens when demands become too much.

If you have low demands on your time you might experience boredom and a lack of motivation resulting in a low performance level. You're not feeling stressed, but you're not working well either. As demands or challenges increase, the line goes up. You feel busier and more motivated. If demands continue to increase you can eventually find yourself at the top of the curve. You're coping with your demands and feel fulfilled by the challenges. You're performing at your best.

Unfortunately, there's a point where demands can get too much and too stressful and your performance can start to decline. Some demands are now not being met. At this point you can start to feel exhausted, anxious and overwhelmed. You might experience burnt out, especially if the demands do not decrease.

Try using some of the advice and tips above to help you stay in the optimal stress zone

Signposting

Double Click on any of the images to go straight to that organisations website

Parent Support Group – Blackburn with Darwen

Thank you for all those who attended the Parent Support Group. The topic was sleep - we hope everyone found it helpful! Discussions included routines, waking in the night, worry preventing sleep, and co-sleeping. The parent Support Group is held once a month via a video call. There is no expectation to have your video or microphone on. The session is topic based with time for discussion and shared ideas. We are always happy to receive feedback or ideas, please just get in touch! Next month's session will focus on anxiety - we will cover what anxiety is and why we experience it, how to recognise anxiety in your child, and ways to manage anxiety.

The details for the next group:

Parent Support Group – BWD

Wednesday 29th June 2022

6pm-7pm via Microsoft Teams

This month's topic – ANXIETY

— Please email emma.jackson@elht.nhs.uk for a link to the meeting



Burnley Together

Burnley Together is a partnership between Burnley Borough Council and other local organisations, set up in March 2020 to support people through the Coronavirus outbreak.

As well as these partners many local people have come forward to offer their services to help the local community. Volunteers are playing an essential role in the delivery of Burnley Together and we are grateful for their support. We are continuing to support people in this collaborative way as we move out of the pandemic, as we know that there is still a need for the service and we will continue to ensure that those who need help have the support of our partnership.

Helping those in need across Burnley and Padiham.



Anna Freud National Centre for Children and Families

National Centre for Children and Families is a children's charity dedicated to providing training & support for child mental health services.



Your online mental wellbeing community
Free, safe and anonymous support

*Available for all young people in Lancashire from ages 10-18.



BURNLEYPENDLE & ROSSENDALE COUNCIL FOR VOLUNTARY SERVICE

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219

The one-stop shop for charity, community, voluntary and faith organisations

We are your local one-stop shop for all things third sector. BPRCVS is an infrastructure organisation that operates within the third sector in East Lancashire. We are at the forefront of the local communities of Burnley, Pendle and Rossendale

Maundy Relief a gift of time and service

A registered charity set up to respond immediately to the needs of the people in our community.

Whoever you are, whatever problems you're dealing with, whatever your race, religion, gender, sexuality, we are here to help.



We're the UK's leading charity fighting for children and young people's mental health. We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.
Contains information and advice for Young People, Parents & Professionals

