



Issue 14

MHST Newsletter

September 2022

**BACK
TO
SCHOOL**

MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible 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 can support a 'request for support' form to the MHST.

New Term - New Year

Hello everyone, we hope you have all had a lovely summer break and have managed to spend some time resting and catching up with friends and family. Here at the MHST we are excited for the start of a new term and are looking forward to the school year ahead.

The topic for the September newsletter is Suicide Prevention Day on the 10th September, we know that suicide can be a very difficult topic so we have kept the topic brief but have shared some links for further information, advice and support.

Team News

Lots of us have taken time off over summer but when we have been in work we have continued to see young people and offer interventions over the summer break. Some young people have asked for a break from therapy so we are looking forward to seeing them all when schools return.

We have also been working hard behind the scenes on developing new resources and are happy to have been invited to staff INSET days and school induction days. We are hoping to be 'out and about' a lot more this year (covid restrictions permitting) and are looking forward to meeting more of you face to face. Please say hello if you see us!

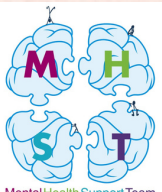


Feedback

We cannot believe that we have been sending out our newsletter for over 1 year now! We appreciate regular feedback that is given to us but would like to gather more formal feedback so that we can make sure our newsletter is consistent, valuable and most importantly helpful. Please could you follow the link below to complete a short anonymous questionnaire. You can also double click on the image below.

<https://forms.gle/nNgo1zoXJtccYQHp9>





World Suicide Prevention Day 10th September 2022

Theme – Creating Hope Through Action

World Suicide Prevention Day, observed on 10th September every year, exists as a platform to raise awareness of suicide and to promote preventative measures with the aim to reduce the number of suicides and suicide attempts globally

“Creating hope through action” is the triennial theme for the World Suicide Prevention Day from 2021 – 2023. This theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.

Please click on the image for more information



Time to Talk

Click the image for a short video of the impact empathetic listening can have



Many people experience suicidal thoughts and feelings at some point. It can be rarely discussed and sometimes we do not realise people are struggling until sadly, it's too late. Listening to someone can be powerful and create the first steps for them being understood, leading them to seek support. If you are in a position where someone is discussing their suicidal feelings, please consider the following points:

- Give them time to speak, wait until they have finished before responding.
- Try not to judge them.
- Ask open ended questions to encourage them to speak in more detail.
- Sign post to relevant organisations that may be able to help - lots of links on the last page.

Statistics for Suicide

- In 2018, suicide was recorded as being the main cause of death for young people in the UK.
- 75% of recorded suicides were boys and young men compared to 25% girls and women.
- Highest rate of suicide are males aged between 45-49.
- Young people stated loneliness as the main reason for suicidal thoughts.

Info taken from Papyrus and Samaritans

#Spot the Signs

For many people, telling those close to them that they are experiencing thoughts of suicide can be incredibly difficult. How do we know if someone is thinking about suicide? We cannot be certain without asking directly. There are often 'signs' we can look out for which indicate someone could be considering ending their life and it's time to ask.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

click here!



Click this link for more parent support

HOPELINEUK
text and email services

CLICK HERE

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141
Text: 07860039967
Email: pat@papyrus-uk.org

Opening hours:
9am – midnight every day of the year
(Weekends and Bank Holidays included)



Two public vigils in **Blackburn & Darwen town centres and a candle-lit procession, to raise awareness of suicide in the borough.**

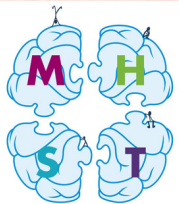
About this event

This year's proceedings will begin at 11am with a multi-faith vigil outside Blackburn Town Hall featuring speeches and the lighting of a candle.

The main part of the vigil will include a 40 seconds silence to signify that one person dies of suicide around the world every 40 seconds.

At 12pm a candle lit procession will begin led by representatives from a number of men only, peer support groups including Men in Sheds, Creative Football and Talk Ourselves Well. These groups provide a safe space for men to talk and learn new skills in a safe and supportive environment. Members of the public are welcome to join the group on their walk, but will need to register here in advance.

These representatives will carry the candle to Darwen where a vigil will take place in Darwen Town Hall Square at 2pm. Please click the link below for further information.



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services



East Lancashire Hospitals
NHS Trust
A University Teaching Trust

Signposting

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

Parent Support Group – Blackburn with Darwen

The Parent Support Group is an online group which is topic based at the moment. It is a space where information is shared with discussion between parents. Last group's topic was anxiety, where we explored the origins of the role of anxiety and strategies to manage anxiety.

Please come along if you feel it will be helpful. There is no pressure to contribute or have your camera or microphone on, there is a chat function to contribute to the session.

PARENT SUPPORT GROUP



TOPIC - SEPARATION ANXIETY
WEDNESDAY 28TH SEPTEMBER @ 6-7PM
ONLINE VIA MICROSOFT TEAMS



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



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.



AMPARO
support following suicide

Amparo Lancashire is a free and confidential service commissioned by Healthier Lancashire and South Cumbria



SCAN ME

Open the Camera app on your phone
Select the rear-facing camera.
Hold your device so that the QR code appears in the viewfinder in the Camera app.
Tap the notification to open the link associated with the QR code

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Scan here for direct access to the
MHST website