

Mental Health Support Team



Termly Newsletter



Headlines

We hope you and your students have settled in to the first term. It has been busy here at MHST and we want to thank you for your continued support and effort in supporting children with their mental health! The MHST has reached some huge milestones, which deserves some serious recognition - we even went in to our 100th school!

Total Numbers March 2021 - Present Day

277 Young people being seen

348 Completed interventions

113 Participating schools

1775 Hours of 'Whole School Approach' work

We have also been able to recruit 8 trainee EMHPs - making up our new teams in the South East of Bristol and Patchway in South Glos. We are still looking to recruit Supervisors in our existing teams.

Off the Record is also offering a 'Resilience Lab: A Whole School Approach to Mental Health' training session targeted at newly appointed Senior Mental Health Leads or those looking to take on this role in the near future. More information can be found in the attached poster.

Children's Mental Health Week

Children's Mental Health Week (childrensmentalhealthweek.org.uk) is 6th-12th February 2023, with the theme being 'Let's Connect'. Do speak to your EMHPs about activities they can support with during this week!

World Mental Health Day

We had lots of fun this World Mental Health Day and had many useful conversations around this and the change people want to see in terms of Mental Health support.



We reached **5840** young people & parents in October!!!

Black History Month

Also, in October it was Black History Month. Here are 5 great talks from Black Mental Health Activists: <https://themighty.com/topic/mental-health/black-mental-health-tedx-talks-to-watch>

Project Zazi (<https://www.otrbristol.org.uk/what-we-do/zazi/>) is also a great place to find more resources and support for students!

Anti-Bullying Week

In November, it was anti-bullying week and Children in Need (CiN). The anti-bullying theme this year was around kindness. Children in Need's theme was 'Spotacular!' Yatton fully embraced the CiN theme (<https://www.bbcchildreninneed.co.uk/fundraising/take-on-a-spotacular-challenge/>) by running various "on the spot" challenges in the classroom and around school - one of which was 'A little spot of kindness'. The children are loving it and can't wait to tell adults at playtime!

December Break

It's not long now until the festive 2 week break! Please see attached a booklet aimed at secondary school students around self care during this period. Action for Children also have a service called 'Parent Talk', where parents can receive support and information for situations that may arise over the coming months:

<https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/parent-talk/>

Positive Feedback!

"Thank you so much for helping me to understand how to deal with my anger issues. I have loved being with you."

MHST is a partnership between Off the Record and the Avon and Wiltshire Mental Health Partnership NHS Trust www.otrbristol.org.uk/what-we-do/mhst/