



# MENTAL HEALTH SUPPORT TEAM



## Parent/Carer Newsletter

SUMMER  
EDITION  
2025

*"Live in the sunshine, swim in the sea, drink the wild air"* Ralph Waldo Emerson

The summer holidays provide quality time with your children and young people and evoke adventures and fun. We also know it can bring other stressors; juggling childcare & work commitments, endless shopping lists, thinking up fun things to entertain and keeping them safe online so we have included some ideas to help inspire and support you 😊

## Involvement & Participation

We value the views and wonderful ideas your young people have. We don't just listen we act on your suggestions and your children can bring about change. We are very proud of the work our involvement and participation volunteers do to help shape our service as well as support their peers.

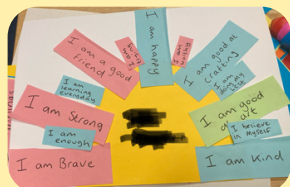
Here is the secondary booklet we co-produced with the wonderful youth volunteers. It is now available within your school so please do ask about it



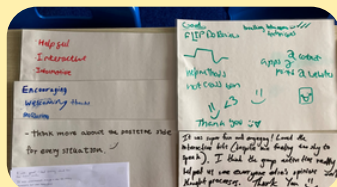
One of our wonderful involvement champions, Lottie came to our secondary event in May and shared her experience of being supported by the MHST. This was a real insight in how she has supported herself with skills she has learnt in her sessions with the MHST and her personal account opened up discussions with school staff. Lottie provided top tips on how to support young people who are struggling with their wellbeing and mental health from a young person's perspective. Lottie also spoke about why it has been important for her to be an involvement champion and the project she is currently working on: 'what young people can say to support their friend.' We know that some young people struggle to open up to adults but they will share how they are feeling with their friends, this can be a difficult time for all involved. Lottie and Amelia want to help with this and they are developing top tips for young people to support them in this. Everyone in the room was in awe and Lottie is an inspiration to us all. Lottie's voice and that of our champions demonstrates how young people can shape our school communities and services to be better for all. Thank you Lottie, Amelia and all our volunteers for all your contributions and teaching us all so much!

## Examples of MHST work

We thought it would be useful to share some of the amazing work completed in our 1:1 sessions and showcase feedback obtained from our recent KS5 Resilience workshop.



A sunshine of positive affirmations, created by one of our young people in a MHST 1:1 session. They said: "I already feel better just by looking at my sunshine"



Feedback obtained from our recent pilot KS5 Resilience workshop. Participants enjoyed the workshops' interactivity and enjoyed learning more about the brain. This workshop will be rolled out to all localities soon!

## Celebrating Pride

June is Pride Month! Pride is an opportunity to raise awareness of LGBTQIA+ issues and to celebrate diversity. Being LGBTQIA+ does not cause mental health problems. However, due to issues such as homophobia, social isolation and stigma, LGBTQIA+ individuals are 2-3 times more likely to experience a mental health problem ([Mind](#)).

See below for further statistics...

LGBT+ young people are **three times more likely to self-harm** and **twice as likely to have depression, anxiety and panic attacks**, as well as **to be lonely and worry about their mental health on a daily basis** ([London Youth](#)).

24% of LGBT+ youth experienced cyber bullying in the past 12 months ([London Youth](#)).

89% of black LGBT+ young people have contemplated suicide ([London Youth](#)).

If you are curious to learn more, click the icons below:



## Online Safety



The MHST know that talking to your kids about online safety can feel overwhelming. Social media can provide space for entertainment, connection and learning. It can also lead people to harmful, inappropriate or factually inaccurate content.

Open, balanced conversations about appropriate and safe use of technology, understanding that young people's social lives are conducted online, and acknowledging the benefits of technology can help to keep your kids safe, connected and protect their mental health.

The links below can help you to facilitate age-appropriate conversations [Click here for more information](#)

## Parent Corner

## Spotlight on: Carer Involvement in Therapy

The MHST offer CBT-based support for Mild-to-Moderate Anxiety and Low Mood. This may be offered via parents or to young people, either in a group or individually (parent group is our most common first step).

CBT is a doing therapy that requires engagement inside sessions and practice outside sessions. Your involvement is an important factor in this...

### Primary aged Children

CBT for children under 11 (or teens who are developmentally younger) is most effective delivered through/with carers, because adults:

- Control children's day-to-day environment
- Can act as models and coaches between sessions
- Can clearly recognise difficulties and set goals
- Are more motivated to make changes
- Can recall strategies and implement them long-term

### Secondary aged Children

Teens can access therapy independently but they aren't adults quite yet. Their main support system is still their carers, who can support with:

- Session attendance reminders
- Practical considerations (e.g. Transport/Financial)
- Completing tasks or practicing new skills/strategies
- Providing extra information to practitioners

Find helpful videos and resources on our website

The MHST are school-based but operate throughout school holidays in health centres and online.

You can click [here](#) to self-refer for support all year round!!



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### MHST Parent Offer...

#### Without a Referral:

- Talk to us at Parents Evening Stands
- Children's Emotional Health and Wellbeing Webinar
- Understanding Your Teen Webinar
- Self-Harm Webinar

#### With a Referral:

- Managing Anxiety with your Child (MAC) Group
- Neurodiversity and Anxiety Parent (ND&A) Group
- Forever Families Group (Positive Behaviour Management)
- Parent Adolescent Relational Training (PART) Group



### Activity Ideas to try at Home...

#### Younger children activities:

- ▶ Back garden water fight/splash party
- ▶ Nature scavenger hunt and pictures; collect twigs, leaves, flowers and create a picture
- ▶ Games day; rounders, obstacle courses, races, hide and seek

#### Older young people activities:

- ▶ Back garden festival- think Glasthombury
- ▶ Capture summer through the arts: photos, art, poems, dance, vlogs and blogs
- ▶ Attune with nature; walk in the woods, cloud watching, beach days, plant some seeds

### Feedback

"The practitioners and the whole experience were really validating and I have learned lots of things. The house is now much calmer in the evenings. I feel better able to handle situations and to help my older daughter respond better to her sibling. I would recommend the course to anybody, even if they are worried about doing it."

- Parent who completed Neurodiversity & Anxiety course

"[Child] is reporting that she's doing scary things using the skills learned and she can express her fears more. Mum has also found some of the strategies helpful for her other child. She also thanked us for the service as a whole and was impressed with how easy it was to do the referral, assessment, and treatment."

- Parent about MAC course

"I just wanted to thank you for the time you spent with [child's name]. I know it helped her, but it also meant a lot to us, and I wanted to let you know how much we appreciate the time and effort you put into helping her"

- Parent following 1-to-1 work

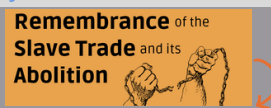
### Calendar dates Summer 2025:

Click on the icons for further information...

June - Pride Month

June - Gypsy, Roma and Traveller History Month

12th August - International Youth Day



9th-15th June - Men's Health Week UK

20th June - World Refugee Day

28th August - International Day for the Remembrance of the Slave Trade and its Abolition

### 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...

### 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: 0115 844 0560

24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies



[bit.ly/37qtfoZ](https://bit.ly/37qtfoZ)



<http://>



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)