

# MK MHST NEWSLETTER

cnwl.mhst@nhs.net

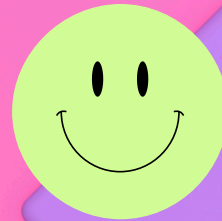
March 2026

## WELCOME

The Mental Health Support Teams (MHSTs) is an early intervention service that works in partnership with local schools to offer a whole school approach to mental health and wellbeing.

For more information and to make a referral to the MK MHST, please visit our [website](#).

Get involved  
and help  
shape the  
service!!



Welcome to a very special edition of the MK MHST newsletter because this one is all about your feedback!

We want to give more opportunities for the voices of the young people, families and schools of Milton Keynes to help shape the MK MHST and today we are asking you to feedback on the way that we share information with you, such as through this newsletter or our website. Help us become even better at getting you the right information and support in the right way.

Also, there's an exciting competition inside so keep reading on!!



## WHAT WE'VE DONE SO FAR...

In September 2025, MHST welcomed our schools and other local services to an afternoon event which aimed to reflect on and celebrate the support we have offered across Milton Keynes over the last five years and then to look forward and plan together for the future. We asked them lots of questions like.....

What word or phrase comes to mind to describe the MK MHST?



Planning to trial in one of our schools

How can we better listen and adapt to the needs of the community?

- Drop in's
- Newsletters
- Social media
- Parent surveys
- Go into youth clubs
- QR code for referral form
- Include children's voices
- Link with local leaders
- Ensure people know who MHST are

At the back of this newsletter!

Some of this we've already actioned!

We ask for feedback at the end of sessions - see below for some!

## FEEDBACK FROM YOUNG PEOPLE AND FAMILIES

"After every session you learnt something new or understand what you didn't understand before. I always feel a weight lifted off my shoulders"

"I honestly can't put into words how thankful I am for you. Your guidance and help is what has allowed me to get through to the end of GCSEs."

"Minutes of the meetings would have been helpful to help me remember"

# HAVE YOUR SAY.....

We would love your feedback on how we communicate with you, our schools, families and young people.

Currently one of the ways we stay in contact is through the distribution of our newsletter which comes out to our schools (who helpfully send it onto families!). Another is through our website.

This got us thinking about whether there were other ways we could stay in touch? We wondered what you thought of the newsletter? Whether you had seen our website? What improvements could we make? How could we improve?

Now is your time to have your say!!!

Please complete a short survey:

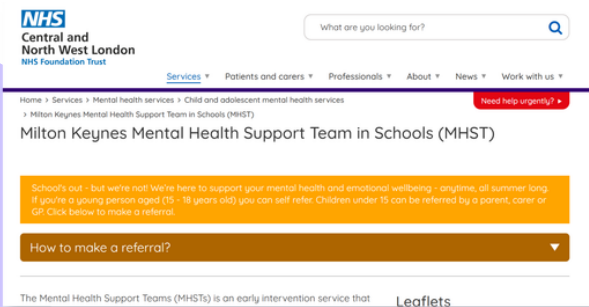
Either follow the link:  
<https://forms.gle/s9Gc2V4JcUaWoREfA>

or use the QR code:



This is open to school staff,  
young people and families

We will share feedback in our next newsletter.



*Thank you!!!*



# EASTER LOGO COMPETITION

**We need your help!**



**Can you design a logo for  
the MK MHST?**

**Be as creative as you can!**

The winner will receive a  
**£25 Amazon  
Voucher**

The closing date for entries is Friday  
**24<sup>th</sup> April 2026**

Please see below for the competition  
rules and guidelines.....

- 
- 
- Entries must be from young people under 18years old.
  - Parental/Carer consent must be obtained for young people under the age of 15years old.
  - Entries can be created digitally or on paper and then a picture of the design be sent into us.
  - By entering into this competition you give consent for your image to be used by the MK MHST for marketing purposes.

To enter:

- Send your image to: [cnwl.mhst@nhs.net](mailto:cnwl.mhst@nhs.net).
- In the email subject line write 'Logo Competition'
- In the email please include:
  - First name of child
  - Age of child
  - School of child

We will be in contact with the winner by 8<sup>th</sup> May 2026



**NHS**

Central and  
North West London  
NHS Foundation Trust

# A REMINDER OF OUR REFERRAL PROCESS.....

We work with primary and secondary schools and colleges, in parts of Bletchley, Wolverton, Stantonbury and central Milton Keynes, delivering evidence-based interventions to support young people with mild to moderate mental health difficulties.

Visit our website to check whether your school is working with the MHST.  
If in doubt, just us a call - 01908 725691.

We support children and young people, aged 5 to 18, and their families, with mild to moderate mental health difficulties. This includes anxiety, low mood, emotional regulation skill building. For more information on our remit, please visit our website.

We provide support through:  
Training and workshops for both schools and parents  
Group programmes  
1:1 interventions where indicated by need

We collaborate with schools to champion a whole school approach to mental health and wellbeing, empowering them to support the wellbeing of all their students and staff.

**Just a reminder:**  
Use this button to make referrals, you shouldn't need to sign in

## Medical request

Self-referral

Refer yourself to an available service. >

More information about the Mental Health Support Team, and the link to make a referral can be found on our website:

<https://www.cnl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/milton-keynes-mental-health-support-team-schools-mhst>

Alternatively, **please scan the QR code to the right** →

We continue to accept referrals directly from schools and GPs.



# A REMINDER ABOUT AN UPCOMING PARENT GROUP

## Incredible Years Parenting Group (IY)

The Incredible Years approach is an evidence-based intervention, providing brief parent guided self-help for mild to moderate behavioural difficulties, for primary aged children. The program is designed to strengthen child well-being, promote social-emotional learning and academic competence, and prevent, reduce, and treat behavioural and emotional problems in young children through parenting.

It is recommended that the therapeutic skills are implemented through the parent(s) or guardian as they are often in a better position than therapists to put strategies in place and to create opportunities for new learning in their child's day-to-day life.

**Next Online Group**  
**Thursday 16<sup>th</sup> April**  
**9.30- 11.00am**  
**for 8 weeks**

### Who is the group for?

- Primary age parents who want to improve their parent-child interactions and want to learn a range of different skills linked with play, implementing boundaries, delivering praise, teaching children to problem solve, establishing routines and rules.
- They might observe:
  - their child displaying challenging behaviours which parents struggle to manage.
  - regular arguments with their child
  - 'meltdowns' which they struggle to manage

Please speak to your school or complete self-referral on our website -  
MK MHST