



MHST Newsletter

September 2026

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

**BACK
to
SCHOOL**

MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for students from primary age 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 and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribbles Valley (including Nelson and Colne and Accrington College).

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 referral to the service. You can also speak to your GP.

Our aim is to work alongside children, young people, families, schools and other professionals to provide early, accessible support and help young people develop skills to manage their mental health and wellbeing.

Team Update



UPDATE

It's been a busy summer for practitioners across the Mental Health Support Team!

Over the summer period, the team have continued to provide support to young people and families, whilst also taking some time to prepare for the year ahead.

We have been:

- Developing new resources to support our work with young people, families and schools.
- Continuing to offer therapy sessions and providing ongoing support to young people.
- Meeting with young people and families to understand their needs and work together towards positive change.
- Liaising with professionals across schools and wider services to ensure joined-up support for the young people we work with.
- Planning and preparing for the new academic year and thinking about how we can continue to develop our service.
- Taking some well-earned annual leave and making the most of the summer break!

As we head towards the new academic year, we're looking forward to welcoming everyone back, continuing our work with young people and families, and putting some of our new ideas and resources into practice.

Here's to another busy and exciting year for the Mental Health Support Team!

Young Persons Voice



Over the summer, we had a really fun participation celebration with the MHST Young People's Participation Group. It was a great chance to get together, have some fun and look back at everything we've achieved over the past year. We talked about ideas for a new name for our group and came up with lots of different suggestions. Keep an eye on the MHST Instagram because you'll soon be able to vote for your favourite name and help us choose our new group identity! We also talked about how the MHST could improve its service and shared our ideas about what we think would make things better for young people. It was good to know that our opinions are listened to and that we can help make a difference. We spent some time looking back at everything we've been involved in over the past year and celebrating the things we've achieved together. It was really nice to see how much we've done and how much young people's voices have helped shape the MHST. Most importantly, we had a chance to have fun, celebrate and spend time together before the summer break. Want to Get Involved?

We're always looking for new members to join us! If you'd like to come along to our next meeting, keep an eye out for posters on our social media pages, or email lisa.naylor@lscft.nhs.uk to receive an invitation. We'd love to hear your ideas and have you join us!

World Suicide Prevention Day

10th September 2026



World Suicide Prevention Day – 10 September 2026

World Suicide Prevention Day is a chance to remind young people that their feelings matter, they matter, and they don't have to face difficult times alone. Sometimes life can feel overwhelming, and it can be hard to know how to talk about what's going on. This day encourages us to break the silence around suicide, look out for our friends and create spaces where young people feel safe to talk without fear of judgement. This World Suicide Prevention Day, take action: check in with a friend, start a conversation, listen without judgement and speak to a trusted person if you're worried about yourself or someone else. If you're struggling, don't keep it to yourself—reach out for support. One conversation could make a difference.

Local Events/Support



World Mental Health Day 10th October 2026

[CLICK HERE!](#)

Hello Yellow 2026 🧡

This October marks 10 years of Hello Yellow, YoungMinds' annual campaign to raise awareness of children and young people's mental health.

Taking place around World Mental Health Day on 10 October, Hello Yellow encourages schools, communities and organisations to wear yellow, start conversations and show young people they are not alone.

Get involved: Wear yellow, start a conversation about mental health and help us spread the message that young people are not alone. 🧡

YOUNGMINDS

Hello Yellow



10 wellbeing tips

The world can feel a lot sometimes, so it's important to prioritise looking after your wellbeing. Here are 10 tips we'd recommend trying:

Spend time with your community – whether that is family, friends, chosen family or neighbours, dedicate time to enjoy with your community. If you're looking for a new community, you can find local groups online or in your local community hubs such as sports centres, community centres, religious spaces or schools.

Do things you enjoy – set time aside that's just for you. It's good for you to spend doing your hobbies, being creative, relaxing and having fun!

Be kind to yourself – try not to put pressure on yourself to always feel positive or productive, sometimes we just need to celebrate the small wins and get through the day.

Go phone-free – set time where you won't use your phone to help break up your screen time. Try using your phone's Focus Mode to avoid notification distractions. Or if this feels undoable, you could try a social media detox. There are app restriction settings on your phone that can help you do this.

Stay informed mindfully – the news can feel overwhelming at times, so limit or turn off notifications for news apps, or try following positive news sites online or on social media to see the positive things in the world.

Create an ergonomic workspace – if you work from a computer or laptop, create a set up that'll look after your body and mind to prevent physical strain, and clutter-free to help you avoid distractions.

Share how you're feeling – speak with someone you trust about how you're feeling. It can help to share your feelings aloud, whether it's for a listening ear or some advice.

Get enough sleep – take time to wind down before you go to sleep and if you can, avoid using your phone or any screens an hour before bed. It can also help to have regular sleep and wake up times. We know life happens and it's not always this simple, but getting enough sleep is always good for your mental wellbeing.

Curate your online space – unfollow accounts that don't bring you joy and follow more that do. Some social media platforms also allow you to limit posts with certain phrases or words to help make your online space feel safer.

Embrace nature – Whether it's a walk in the park, sitting on your balcony or spending time in the garden, fresh air will always be a good idea.

#HelloYellow

M&S | YOUNGMINDS

YoungMinds, registered charity in England 1030906 and Scotland 0040998

For 2026, the theme set by the World Federation for Mental Health is in **Lived experiences heard: Real voices, real change.**



Click Here

Signposting

Lancashire SEND Roadshow

2026/2027

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.



NHS **FAMILY HUB** **SEND** **Lancashire**

Lancashire SEND Roadshow

Dates across Lancashire are:

23rd Sept 2026 9:30 – 1pm	Burnley Family Hub and The Zone, Burnley
23rd Oct 2026 1:30 – 4:30pm	Skellerns Family Hub and The Zone, Skellerns
13th Nov 2026 9:30 – 1pm	Nelson Family Hub and The Zone, Pendle
17th Nov 2026 9:30 – 1pm	Kirkham Family Hub and The Zone, Kirkham
9th Dec 2026 9:30 – 1pm	West Paddock Family Hub and The Zone, South Ribbles
27th Jan 2027 9:30 – 1pm	The Park Family Hub, Accrington
11th February 2027 9:30 – 1pm	Inspire Youth Zone, Chorley
25th Mar 2027 1:30 – 4:30 pm	Cillitoe Family Hub and The Zone, Cillitoe
21st April 2027 9:30 – 1pm	Lune Park Family Hub, Lancaster
12th May 2027 9:30 – 1pm	Rawtenstall Family Hub and The Zone, Rawtenstall
8th June 2027 9:30 – 1pm	Fleetwood Library and Family Hub, Fleetwood
7th July 2027 1:30 – 4:30 pm	Moor Nook Family Hub and The Zone, Preston

To book a table at an event, please use this form <https://forms.office.com/r/yWJR4wppk>

CLICK
HERE



Need urgent help for
your mental health?

Call 111 and select the
mental health option

imo
Inspire | motivate | overcome
It's my opportunity

StrongHer

Move. Grow. Connect.

A fun 8-week programme for girls aged 13-16 to get active, build confidence, support their wellbeing and make new friends.

FREE

MOVE - Get active & feel stronger
Bounce and strength sessions to build fitness and stamina.

GROW - Learn & build confidence
Explore healthy habits, life skills and personal development through interactive wellbeing activities.

CONNECT - Make friends & have fun
Relax, socialise and make new friends over light refreshments.

Every Sunday for 8 weeks
2pm – 3:30pm
Starts Sunday 29th September

Register using the QR code.

Audley & Queens Park Children's Centre
Pringle St, Blackburn, BB1 1SP

01524 761110 07924 397201
@strongherimo

Mind Lancashire

Supporting a bereaved child can feel overwhelming.

When a child loses someone important, parents and carers are often trying to support them while managing their own grief too.

You don't have to navigate grief alone.

The Wave Project offers dedicated assistance for parents and carers across Blackburn with Darwen.

- Better understand how grief can affect children and young people
- Feel more confident supporting your child
- Share experiences with other parents and carers
- Learn practical ways to help your family
- Access guidance in a safe and understanding environment.

Supporting the whole family helps build stronger networks around young people.

Improving outcomes for all affected by bereavement.

Scan QR for details on this service

thewaveproject@lancashiremind.org.uk

The Wave Project
Children & Family Bereavement Support
Blackburn with Darwen

Mind Lancashire
01257 239600
www.lancashiremind.org.uk
Registered Charity 1081427

PROJECT ZONE

AGES 8-12

Join our 6-week Project Zone every **Saturday**! Get stuck into fun, hands-on sessions, build confidence, learn new skills, and bring your ideas to life alongside other young people.



Cooking Zone 10pm - 1:30pm	Netball Zone 12pm - 1:30pm
Pottery Zone 10pm - 1:30pm	Boxing Zone 10pm - 1:30pm
Climbing Zone 10pm - 1:30pm	Mini's Zone (5-7 yrs) 10pm - 1:30pm

POWERED BY **Cadent** **Next Level SP+RTS**

For more information, please email sam@nextlevelblackburn.org or call 01524 392000

BLACKBURN & DARWEN YOUTH ZONE
A Blackburn Foundation

Mini H3 Health & Happiness in Hyndburn

Cover 2 Cover

In the Coach House & Kitchen Garden, Rhyddings Park

A lovely community day full of connection, creativity and happiness.

Featuring Live Music from Cover 2 Cover A brilliant afternoon of feel-good tunes in our beautiful park.	Community Stalls Lots of activities to explore - crafts, wellbeing, local groups and more.	Drama Workshop with Health & Happiness Plus, friendly games to explore creativity, confidence and wellbeing.	Laughter Yoga Come along for a giggle, movement and feel-good ritual!	Keep Fit ...and plenty more to enjoy throughout the afternoon.
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Free drinks & healthy snacks available for everyone.

Sunday 27th September 2026
1pm - 4pm

Smokefree Lancashire
Commit to Quit

Friends of Rhyddings Park CIO

Rotary Hyndburn