

Newsletter

Mental Health Support Team

June 2025

NHS
Lancashire &
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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 Ribble Valley (including Nelson and Colne and Accrington College).

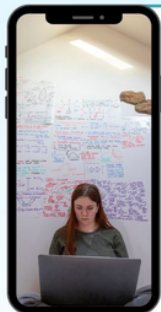
If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a referral to the service. You can also speak to your GP.

Feedback and upcoming webinars

Young Peoples Column



SCHOOL FEEDBACK



Ribblesdale School
@ribblesdaleschool

"Pupils found the sessions very useful and informative, especially the practical tips about how to prepare for the exams and strategies to manage anxiety. They also understood that some stress and worry is actually useful as it helps them to perform in exams. Many thanks to Tilly and Neil for taking the time to prepare and deliver the session."

@ELCAS_MHST

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FREE

Thursday 19th June Parent Webinar 6pm - 7pm
Understanding anxiety Workshop

We would like to invite parents/carers of young people to a workshop which explores anxiety -

The Webinar explores:

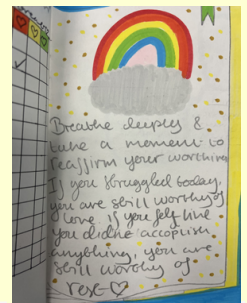
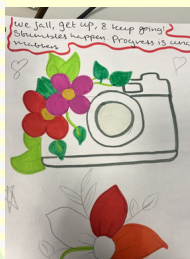
- To gain an understanding of the support provided by the Mental Health Support Team (MHST).
- To identify possible signs and symptoms of worry in children and young people.
- To learn strategies to support your child if/when they are experiencing worry.
- To recognise when and how to request specialist support for your child.

Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID: 360 902 638 910
Passcode: YUEKPK

Hello my name is ***** and I have struggled with my mental health since year 7 (I am now year 11), I have found it really helpful talking to people about my worries and anxiety and have been surprised how many other people my age struggle too - I thought it was just me. I wanted to share some art work that I have made to help me with my mental health - I get lots of inspiration from a website called selfloverainbow, there are lots of free resources to support self esteem and confidence and I love the bright colours and being creative. My 'Top Tip' for looking after your own mental health would be to get creative - draw/create/write get your thoughts out of your head and into a creative space.



Newsletter - we work as a group to create this newsletter and are always looking for new suggestions and content so if you have any please email us at mhstnewsletter@lscft.nhs.uk



SCAN ME

Follow us for regular updates and helpful Tips



lscft_elcas



Elcas Mhst



June is Pride Month, where the LGBTQIA+ community is celebrated across the UK and all over the world. Pride Month is a time for all of us to reaffirm our support for LGBTQIA+ community, as well as an opportunity to increase awareness and understanding.

DID YOU KNOW?

Research has shown that lesbian, gay, bisexual, trans and intersex (LGBTQI+) young people are over two-and-a-half times more likely to have a mental health problem than those who identify as heterosexual.



Supporting someone with their gender identity- How to be a great ally.

An ally is someone who supports and stands up for Trans and Non-binary people, even if they aren't Trans or Non-binary themselves. It's about listening, learning, and using your voice to help make sure Trans and Non-binary people are treated fairly. Even small actions can make a big difference to their mental health. Here are some simple but important ways you can help.

Ways to support your mental health

If you're struggling with your mental health while you navigate your gender identity, these are some things you can do to try and get help:

- **Speak to someone** you feel comfortable with, like close friends, parents, relatives or extended family members, a counsellor or anyone else you trust.



- **Find supportive groups** to meet people with similar experiences who understand what you're going through. These safe spaces help to create a sense of community.



- **Speak to your GP.** They'll know what help is available and can guide you on the best options for support.



- **Speak to a counsellor or therapist.** It can also be a really important step in improving your mental health and accepting your gender identity.



- **Find ways to celebrate who you are.** Spend time with people who support and celebrate your gender identity.



- **Clean up your social media.** If you're seeing things online that make you feel upset, remember you can mute, block or unfollow accounts that bring you down.



Accept them for who they are.



Challenge your own views and assumptions about gender and relationships.



Avoid intrusive questions.



Challenge discrimination.



Listen and show you care.



Support them to get help.



Tips for parents

Here are some things you can do to support your child and make sure they have the right support around them.

Make it clear that you want to support them.

Be patient and go at your child's pace.

Ask your child how they want to be addressed.

Help your child find a supportive group.



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Click here for more
advice on how to support
someone with their
gender identity.



To find out more about
gender identity, click
here!

CLICK HERE



East Lancashire Young People's Mental Health

Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?

Advice sessions are available on-line via
'Attend Anywhere'
Delivered by ELCAS
tinyurl.com/ELCAS-USCPT



Enter the word "ELCAS" as the first name and "drop in" as the second
name followed by your date of birth.
You will then enter our virtual waiting area where we will collect you.

Wednesday 2 nd July 2025	1pm - 3pm
Wednesday 9 th July 2025	3pm - 5pm
Wednesday 16 th July 2025	5pm - 7pm
Wednesday 23 rd July 2025	1pm - 3pm



YOUNG PEOPLES PARTICIPATION MEETING

WEDNESDAY 30TH JULY 2-4PM
BLACKBURN YOUTH ZONE



Are you aged 8-16 years old and attend a primary or secondary school in Blackburn with Darwen?

Do you have an interest in mental health?

Are you interested in having your say in shaping mental health services for young people?

Following the success of our Participation Launch we would like to invite you to our next Participation Meeting.

This meeting will be focussing on putting some of your fabulous ideas into action! Refreshments will be provided and a warm, safe and fun environment - we hope to see you there! Please speak to any staff from the mental health support team to book your place or email lisa.naylor@lscft.nhs.uk