

Our Service

Mental Health Support Teams in Schools (MHST) are part of a national programme to reduce inequalities and increase access to mental health support for children and young people.

The LPT Service works with almost 100 schools across Leicester, Leicestershire and Rutland.

We now have 8 teams across LLR.

MHST Issue 2 Newsletter

Children's Mental Health Week: 6-12 February 2023

Welcome to the second edition of the Mental Health Support Team in Schools (MHST) newsletter.

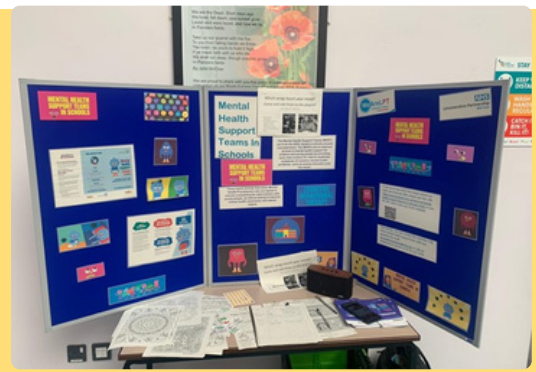
Children's Mental Health Week in February really shone the spotlight on the importance of children and young people's mental health.

During the week, MHSTs were out in schools raising awareness, delivering sessions and creating displays to promote positive emotional and mental health.





What has MHST been up to?



Careers Advice at Stephenson College

Delivering careers advice about the role as an EMHP and the MHST, along with two colleagues from The Castle Rock school to give them an oversight into options available to those wishing to pursue a career in mental health

Exam stress workshops

Our team has been out and about talking to students across our schools and delivering workshops on how to manage exam stress during SATs and GCSEs

What is self-esteem?

Self-esteem is how we feel and think about ourselves. This can be how we view ourselves physically but is also how confident we feel about ourselves as a person. If we have good self-esteem, our beliefs about ourselves will mostly be positive and we will have confidence in our abilities.

Having positive influences around us like friends, family and teachers can help to build a positive self-esteem which can positively affect our mental health. There may be times that we have lower self-esteem and struggle to see the good in ourselves. This is normal and can change during different times in our lives.

Tips to improve your self-esteem:

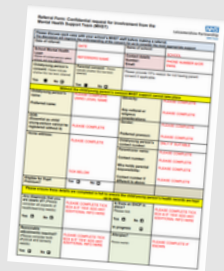
1. Recognise and focus on the positive aspects of yourself. This may be a writing down a compliment or your favourite feature about yourself.
2. Set small goals and celebrate achieving them
3. Talk about your feelings with someone you trust, especially a trusted adult
4. Do something nice for yourself. For example, read for fun and relaxation

[Click here for more advice from YoungMinds](#)

Tips for completing the MHST referral form

- 1 Include consent from both child/young person and parent unless Gillick competent. Please add a rationale for the parent not being aware if appropriate
- 2 Include the child/young persons voice - This can be written verbatim to support capturing
- 3 Referral is for a mental health need
- 4 Ensure all child/young person's details are correct to prevent delays in processing
- 5 Complete the referral form with as much relevant information as possible

[Click here to view an example referral form](#)




Transitioning to secondary school

The transition from primary to secondary school is exciting for children and marks a new phase in their lives.

Most children will manage the transition to secondary school successfully. However, there may be ups and downs. It's easy for children to slip from feeling happy and confident one minute, to feeling nervous or anxious and back again as they find their feet



[For tips and advice to support the transition to secondary school, click here to watch this great animation on Health for Teens](#)



Mental health & wellbeing resources



Introducing the Mental Health Support Teams in School

<https://www.healthforteens.co.uk/leicestercity/introducing-mental-health-support-team-schools/>



Anna Freud
National Centre for
Children and Families

Mental Health Support Teams in School

<https://www.leicspart.nhs.uk/service/mental-health-support-teams-in-schools-mhst/>

Mentally Healthy Schools

<https://mentallyhealthyschools.org.uk/>



Whether you're a young person, a parent, guardian, carer or professional – you can find and download helpful information and signposting for your local area

This includes a new poster to help young people to understand how to look after their emotional wellbeing and where to go for help

www.leicspart.nhs.uk/mental-health/resources/conditions/young-people/