



Newsletter



NHS
Lancashire &
South Cumbria
NHS Foundation Trust

Mental Health Support Team

July 2025

SUMMER
HOLIDAYS

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.

LIGHTS
Camera
ACTION!

Lights. Camera. Action!

Young Peoples Column



Blackburn with Darwen rolled out the red carpet at the Everybody Centre in Blackburn as the cameras rolled for the upcoming MHST video for Lancashire and South Cumbria.

We had the absolute pleasure of working with the fabulous Lucy and our very own superstar Education Mental Health Practitioner, Josh! 🎬🌟 Total pros from start to finish - honestly, we're starting to wonder if they've got secret showbiz agents on the side... 📷🎥 Hollywood, if you're watching, give us a call!

Here's what Lucy had to say about her experience: "Being recorded was probably one of the most exciting things I have ever done. I honestly felt like a movie star walking around with cameras following me. All the staff were so supportive if I was nervous and the camera crew were very nice about re-recording things if it didn't go right the first time. What made the experience so much better was knowing that it would promote mental health support and help other young people who might be struggling to go to a session as it really does help. I enjoyed it so much and I would definitely do it again if I got the opportunity."

MHST Support over the Summer Holidays



We Are
Open

Over the Summer holidays, the MHST will be open as usual. We won't be seeing young people in schools but we will offer alternative venues such as family hubs, children's centres, Blackburn Youth Zone or appointments online. Speak to your practitioner to arrange sessions over the holidays. We will also accept new referrals for young people, with schools closed please visit your GP to request a referral to the team.



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

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and helpful Tips



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SCAN ME

Top tips for exam results day

How you can support your child with exam results day!

Get a good night's sleep

Encourage your young person to get a good night's sleep before and after receiving their results. A well-rested mind is better equipped to cope with emotions and engage in constructive discussions about the future.



Keep calm and don't panic

In the face of disappointing results, emotions may run high. If they don't get the results they would have liked encourage them to take deep breaths & relax. It will be easier to process everything & think through their next steps.



Take your time

Encourage your child to avoid rushing into decisions after receiving the results. Sit down together & have an open, supportive conversation about their feelings, aspirations, and options. Weighing the pros and cons of different paths can help them make well-informed decisions.



Be prepared for 'Plan B'

While it's natural to hope 🏰🏰 for positive results, it's important to acknowledge that things may not always go as expected. Encourage your young person to consider alternative options and paths they can take if the results are not what they were aiming for. This can alleviate the pressure of a singular outcome and foster a sense of resilience and adaptability.



Remember to reassure

Try to promote the positives regardless of the results. Your young person will probably worry about letting you down so reassure them that they won't be letting anyone down and that you will be there for them to work through the next steps. Let them know that you are proud of their efforts and support them unconditionally.



SUCCESS IS NOT FINAL, FAILURE
IS NOT FATAL, IT IS THE
COURAGE TO CONTINUE THAT
COUNTS.

WINSTON CHURCHILL

B B C
BITESIZE



YOUR GRADES DO NOT
AND **NEVER** WILL
DEFINE YOUR WORTH.



Summer Wellbeing



The summer can be a great time to develop good self-care habits and we have lots of good ideas and tips to help you stay well.

Self-care is really important and is about the things we can do to look after our own mental health, and these are just some ideas to help you look after yourself.



Dont do away with the routine

Long lies in are great but if you're sleeping lots every day it can have a negative impact on your mental health. It's OK to relax your routine a little but try to go to bed at a reasonable time and don't lie in too long. Have a shower & get dressed even if you've got no plans, you'll feel brighter and more refreshed.



Get Planning

If you're struggling to get motivated. planning your time can help. Give yourself something to do every morning and afternoon and try to have a good mix. Plan some time for gaming, reading & watching TV and add in a couple of chores (this will also please the adults!) It will give you a sense of achievement and make the fun stuff more enjoyable

Practice a Summer of Self Care



Self-care is all about being kind to yourself, listening to what your body and mind need and making time for things that make you feel good. Check in with yourself each morning and evening to see how you're feeling and if there's anything you need. Sometimes a few minutes of mindfulness, a short walk or relaxing bath can work wonders.

Enjoy the Great Outdoors



Have a walk around the local area, there's loads of great parks and walks. Take a picnic, take a friend and enjoy the great outdoors. Go for a bike ride, you could even do some cloud watching ! Whatever works for you but try to get out a few times a week

Stay Connected



If you can't meet up with your mates over the summer, six weeks can feel like a long time. Having some company is important for all of us, so make an effort to catch up with family members and friends if possible.



10 tips to help your wellbeing this summer

[CLICK HERE](#)



Whats on over Summer

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To find out more, please contact
naomi.johnston@brfctrust.co.uk or
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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