



Newsletter

Mental Health Support Team November/December 2025



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.

What have we been doing?



Hello everyone. We have had a busy start to the school year hosting 'Hello Yellow' for World Mental Health Day. We have also attended lots of high school open days and primary school coffee mornings, sharing information about what the MHST offers.

Our young people's participation group have met over the half-term and have been busy getting creative; using art to create digital posters to share around the schools. Some of our young people attended the Youth Voices meeting, sharing their experiences and suggestions for improvements to the wider NHS Trust.

We have also been very busy supporting students in schools and colleges all over East Lancashire. Practitioners have been offering school staff workshops, small group work and individual CBT informed interventions to lots of young people.

Young People's Column

Last week, young people from the BwD Participation group met up at Blackburn Youth Zone for our regular meeting. We had a great time sharing feedback on a questionnaire that will go out to all students, giving ideas on what we would like to see on a mental health display board in our schools and we spent time making posters to promote the MHST. These posters will be shared on social media pages so make sure you are following!

Most importantly we also shared sweets and cake!! We also thought about plans for our end of year Christmas celebrations. Look out for details for our next meeting; we are always looking for new members.



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



What's coming up

Anti-Bullying Week

Monday 10th - Friday 14th November

NHS
Lancashire &
South Cumbria
NHS Foundation Trust



From playgrounds to Parliament, our phones to our homes,
Bullying hides, and in silence it grows. But voices are powerful, steady
and true — This Anti-Bullying Week, the change starts with you.

Use your Power for Good to stand up, speak out, To challenge injustice,
to cast away doubt. Online or in person, when something feels wrong,
Each small action can help others stay strong.

Too often we pause, unsure what to do, But kindness is brave — and it
starts with you. Young people, families, leaders — unite! Together, let's
turn the darkness to light.

So, ask yourself now, and make it understood: How will you use your
Power for Good



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Winter wellbeing

National Self-Care Week 17th - 23rd November

Bright frosty mornings, cooking a delicious meal, staying in to watch your favourite TV series... these are just a few things you might enjoy in the winter. But this time of year can also bring its challenges. We have got some tips for staying well during the winter months.

Why could the winter season be difficult for some young people?

It's normal to feel a bit low or tired during winter. Lots of people find it harder to motivate themselves and get going.

This can be for different reasons, such as:

- We have less exposure to sunlight as we spend more time indoors
- Our routines change
- In the winter season, we can have more social time with family and friends at parties and gatherings.



What can we do to help ourselves?

Spend time outdoors

Getting some natural light can lift your mood. It will also help you produce vitamin D from the sun.



Take a break from social media

There's a lot of pressure at this time of year to feel 'happy'. The winter season looks different for everyone and you should spend it in a way that makes you feel good.



Move your body

Whether it's going ice skating, going for a walk or even having a stretch in the house, find a way to add some movement in your day.

Healthy comforts

Food gives you energy, which helps to keep you warm. Try to have regular hot meals and drinks throughout the day.

Keep connected

Staying connected with loved ones can help lift your mood. If you can, say yes to social events with people you care about, even if you only stay for a little while.



Prioritise sleep and rest

Try to set a regular wake and sleep time (everyone will vary) and avoid naps during the day. Use the darker months for reflection and rest.





Signposting and Information

Click on the images or scan the QR codes



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