



Welcome back to our Wirral Mental Health Support Teams (MHSTs) newsletter. This is our regular update from the local team supporting Wirral schools and colleges with all things mental wellbeing.

We'd really appreciate you sharing this with your young people, families and wider networks.

If you have any feedback about the newsletter feel free to contact us via [cwp.adminmhst@nhs.net](mailto:cwp.adminmhst@nhs.net)

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### **An update from your local team**

Wirral MHST are currently piloting a scheme to train children in promoting wellbeing within their own schools. The aim of the Wellbeing Ambassador scheme is to have a number of pupils in each school trained to support and encourage younger students to take care of their physical and mental health.

We have started with 4 pilot schools in the hope that we can roll it out to more schools in the next few months.





## Black History Month

As October is Black History Month, mental health charity Mind are focusing on elevating Black voices on issues of mental health. To read about other peoples experiences go to [mind.org.uk](http://mind.org.uk). They are also providing support to anyone affected by racism and hate crimes.

If you are facing discrimination and need support, go to the dedicated web page for advice and contact numbers - [Racism and mental health | Mind, the mental health charity - help for mental health problems.](#)

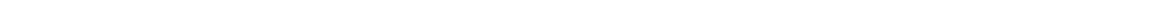


## Looking at suicide and the internet

Samaritans have launched an online safety campaign. The aim of the campaign, which has been co-developed with young people with lived experience of self-harm and suicidal feelings, is to equip young people with the skills they need to stay safe online when engaging with self-harm and suicide content. The internet can be an invaluable resource for individuals experiencing self-harm and suicidal feelings, however, it can also provide access to content that can be distressing and triggering.



For more information, resources and to take part in research regarding the effects of online self-harm and suicide content, visit [The internet and suicide | Our policy and research | Samaritans](#)





### Teaching Body Confidence

YMCA charity and Dove have got together to produce the [Be Real Campaign](#). The mission is to change attitudes to body image and help all of us put health above appearance and be confident in our bodies.

They have produced a toolkit for schools to help tackle self-esteem and body confidence issues. To register your school for the toolkit go to [Body Confidence Campaign Toolkit for Schools - The Be Real Campaign](#).

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### MyMind website and social media

For more information about your local CAMHS service and access to a range of other resources about mental health please click on this link [mymind.org.uk](http://mymind.org.uk)  
Our you tube channel and mymind twitter feed can also be accessed by clicking on the icons at the bottom of this newsletter.

