



**Cheshire and Wirral
Partnership**
NHS Foundation Trust



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

An update from your local team

Within Wirral MHST, we have recently been working on some psychoeducation sessions for children, parents and teachers about the use of suicidal language by young people. This is becoming increasingly common amongst children and young people as a way of expressing emotions but it can be distressing for parents and carers to hear.



The sessions aim to provide parents and carers with insight in to possible meanings behind a young person's language. As well as considering ways of responding and

supporting young people to find alternative strategies to communicate and manage their emotions.



Anti-Bullying Week

15th - 19th November 2021 is Anti-Bullying week and this year's theme is 'One Kind Word'. There are various ways for schools and parents to get involved, just visit [Anti-Bullying Week \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk) for resource packs.

The Anna Freud Centre have also made school resource packs available, including lessons plans, videos and information to help education staff review anti-bullying policies. visit the website for the free downloads [Anti-Bullying Week 2021 toolkit : Mentally Healthy Schools](#)

Staff Wellbeing Seminar

The Anna Freud Centre are hosting an online seminar about a whole-school or college approach to supporting staff wellbeing on 23rd November. The aim will be to learn about addressing, measuring and monitoring staff wellbeing and the importance of staff CPD and training. There will also be examples of good practice from a school practitioner.

To book onto this free event go to [The Anna Freud Centre website.](#)





Safeguarding Children

Wirral Safeguarding Children Partnership are continuing their 100 Days of Safeguarding campaign. The initiative started on 1st October and involves highlighting one aspect of child safeguarding each day. The information ranges from ways to prevent accidents in the home, firework safety to advice for single parents when bringing new partners into the family home and ways to spot county lines and exploitation in children and young people.

To see the full list of messages so far and keep up to date visit [100 Days of Safeguarding - Wirral Safeguarding Children Partnership](#)

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
Our you tube channel and mymind twitter feed can also be accessed by clicking on the icons at the bottom of this newsletter.



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