



**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

Happy new year! Hoping you had a restful and healthy winter break. Wirral MHST are revived and ready to get 2022 started. We are currently gearing up to promote Children's Mental Health week which occurs w/c 7th February. The theme this year is Growing Together and, whilst things will be on a smaller scale than originally hoped for, we are still planning some activities with schools across the Wirral to help raise awareness and support for Children's Mental Health.





Support for women who have experienced abuse

The FREEDOM programme is a 12 week rolling programme which means that you can join at any point - the benefits are the same so long as you complete 12 sessions. The programme is open to any woman who has been or is suffering from any kind of abusive or controlling behaviour, including emotional, physical, mental, financial and/or sexual abuse. The aim is build up confidence in women affected by abuse, look at ways which abuse occurs and how to spot a toxic relationship in the future.

For more information call 07879818710 or email friendsoffreedom@hotmail.co.uk.

Online tool to signpost to help and support

Ripple is a free interceptive tool that discreetly helps to protect against harmful content on the internet. It presents a visual prompt with signposts to helpful services each time a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide. These phrases include any words or terminology which have been identified as displaying potentially damaging online content.



For more information and the free download go to [Ripple Suicide Prevention \(ripplesuicideprevention.com\)](http://ripplesuicideprevention.com)



Autism and gender identity workshop

This session aims to inform parents/carers who want to support a young person who is questioning their gender identity. There will be professional perspective, personal accounts and honest and open discussion in a safe space.

There are two speakers booked in for the workshop, Felix Moore an autistic actor and transgender activist, and Dr Kate Whittaker, a clinical psychologist with a focus on autistic people's experience of gender and mental health.

To book onto the workshop go to [Gender Identity and Autism Workshop – Autism A Hands On Approach](#)

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.

