



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

This week the Wirral and Cheshire MHSTs have welcomed the latest wave of Education Mental Health Practitioner trainees and Children and Young People's Wellbeing Practitioner trainees. They will be diving straight in and shadowing colleagues as part of their training so you will possibly get a double helping of MHST at some of your sessions and meetings.

Don't forget to send your contributions to Children's Mental Health week either via email cwp.adminmhst@nhs.net or via post to the Birch Centre.



Training in parent and carer engagement to help reduce exclusions.

The Anna Freud centre are delivering training to support school professionals and enhance existing quality provision to help schools manage students mental health

issues with access to more expertise and resources. The training is based on a model of family intervention with a 30-year track record, has been developed and codified at The Pears Family School over the last 6 years and trialled in local Alternative Provision and mainstream schools.

There are two sessions and 6 hours of self-guided learning. To find out more and book on the course go to: [Training in parent and carer engagement to reduce exclusions | Training | Anna Freud Centre](#)

Teen Sleep Hub

[The Teen Sleep Hub](#) has been set up to provide a one stop shop for all you need to know about sleep and how to improve it. There are pages aimed at young people, parents and schools and all provide information on how to improve sleep and why it's important. There is also a section with resources such as ebooks, posters and quick access hints and tips like food swaps to help improve your sleep.



Parent Talk - Supporting parents

Action for Children charity have a website dedicated to supporting parents and carers through all things parenting! Find answers to parenting questions in the advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing. there's advice on behaviour, stages of development, mental health and much more. To access all of this, visit the Parent Talk website.

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.