



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

On the 17th May 2022 our Cheshire and Wirral MHSTs are hosting a "Best Practice Event." In this we plan to celebrate the work of the MHSTs and the achievements of schools in improving children and young people's emotional health and wellbeing.

The event will be held online and will showcase a wide selection of the varied work achieved to date. This event is aimed at school colleagues and will be advertised to all schools across Wirral and Cheshire.



Please follow this link to complete a short survey to submit your piece of Best Practice [Best Practice Survey](#)

The deadline to complete this form is 1st April 2022.



BEAT- Eating Disorder Training (SPOT)

This training aims to support professionals to increase their understanding of eating disorders, including how to spot the early signs in children of primary school age.

Research has shown that the earliest opportunity to prevent eating disorders is during primary school, with children showing concerns about physical appearance at an increasingly young age.

This course will teach you how to spot the early signs of an eating disorder, talk to a pupil exhibiting them, engage their families, and support them to seek medical assessment.

There is a charge for this course, all the information on this can be found on [Eating Disorder Training with BEAT](#)

Neurodiversity Celebration Week

This week is Neurodiversity Celebration Week, the purpose of this week is to challenge stereotypes and misconceptions about neurological differences.

Free online events will be available during this week, including introductory webinars, panel discussions & more, these events aim to educate and encourage conversations around neurodiversity.

For more information please see below.

[Neurodiversity Celebration Week Resources](#)





Understanding Autism with the Open University

The Open University are offering free short course: Understanding autism, introducing the autism spectrum, exploring how it is experienced by different individuals and families, and why it is a global concern.

The course explains how ideas about autism have evolved and explores diagnosis, causes, intervention and life-span development. The course offers varying perspectives on autism and key societal and cross-cultural issues are highlighted.

If you would like to learn about autism, a complex and challenging long-term condition for many individuals and their families worldwide, and an aspect of human diversity to others please link the below.

[Understanding Autism- Open University](#)

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



[Unsubscribe](#)

This email was sent by Cheshire and Wirral Partnership NHS Foundation Trust. [Why did I get this?](#)
© 2022 Cheshire and Wirral Partnership NHS Foundation Trust. N/A