



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

Last year we ran a number of 'Listen Up' events to learn more from young people and their families about how we can improve what we do, develop our services, and do more of the things that work well.

We have now recruited a network of 30 Participation & Engagement Champions from across all of our Cheshire and Wirral teams. These people already work within our service but will have some protected and dedicated time to focus on this work.



They will help us to ensure that we are listening more, gathering more feedback from a wider range of young people and reaching out to people who may not have accessed our services but who may have struggled with their mental health and

received support elsewhere.

If you would like to know more or be involved in this work going forward, please don't hesitate to get in touch.



Mental Health Champions Training

Place2Be are offering free online children's mental health training courses developed from their work in schools. It enhances professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities.

Once complete, your school will also gain immediate access to the Place2Be Staffroom, a dedicated space for you to access additional resources.

[Place2Be Mental Health Champions](#)

Empathy and Migration Workshops

Red Cross are offering free empathy and migration workshops for Yr 6 primary school students. The workshop looks at the different reasons people leave home and help students to develop empathy for migrants' motives for moving.

Students will also learn more about the obstacles migrants face in their new homes. By using and exploring people's stories and experiences, we can help students challenge assumptions about migrants, asylum seekers and refugees - as well as to improve their understanding of their community and build mutual respect.

[Empathy and Migration Workshops](#)





Anna Freud: Building a Whole School Approach to Racism Seminar

This seminar ties into the launch of the free Anti-Racism and mental health in schools e-learning offered by Anna Freud.

This seminar is free and open to all school and FE college leaders, teachers and school staff particularly those with a responsibility for mental health. Additional materials will be launched this month and will aim to help school staff to understand the mental health impact of racism on pupils and staff.

You can sign up for this seminar and learn more using the link below:

[Whole School Approach to Racism Seminar](#)

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.



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