BACK TO School

WIRRAL MHST
Parent & Carer Newsletter

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

Welcome back to our Wirral Mental Health Support Team (MHST's), parent & carer newsletter. We hope you had a lovely fun filled summer holidays. This is our regular update from the local team supporting Wirral schools and colleges with all things mental wellbeing.
If you have any feedback about the newsletter feel free to contact us via cwp.adminmhst@nhs.net

If you would like to share your feedback with us, please scan the QR code above and select our service, MHST Wirral. Your feedback is really appreciated as it helps us improve our service for other children, young people, and families that we support. The feedback we capture will be anonymous
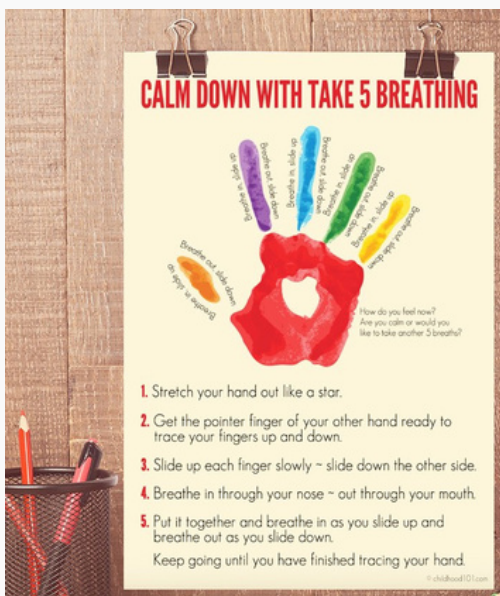
Top Tips For Returning Back To School

- Gradually introduce an early bedtime routine
- Talk to your child about the return to school and the new school year
- Let your child share their feelings without judgement
- Get organised with school bags and uniform.

Online Resilience Framework

Resilience is a skill that will help all of us get through life. Have a look at this fantastic tool that will support parents/ carers to look at their family through a resilience lens. It is a very practical tool with simple questions as well as plenty of hints and tips of how to support your child's and your family's resilience. Families – Resilience Framework

This helpful online tool is also available for children and young people. Children & Young People – Resilience Framework

CALM DOWN WITH TAKE 5 BREATHING

How do you feel now? Are you calm or would you like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.

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Members of the Liverpool CAMHS Partnership design and deliver an ongoing programme of training opportunities.
Underpinned by therapeutic models, Liverpool CAMHS Training is designed to educate and empower professionals, parents and carers as we strive to improve the knowledge and understanding of mental health among children and young people.

Many of these training opportunities are bite-size, up to one hour long, and are delivered personally online by a mental health professional.

Please click here to access training dates

Bitesize

MYMIND WEBSITE AND SOCIAL MEDIA

FOR MORE INFORMATION ABOUT YOUR LOCAL CYPMHS SERVICE AND ACCESS TO A RANGE OF OTHER RESOURCES ABOUT MENTAL HEALTH, PLEASE FOLLOW THIS LINK MYMIND.ORG.UK
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