



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. This is our regular update from the local team supporting Wirral schools and colleges with all things mental wellbeing. We hope you have a lovely Christmas and a

Happy New Year

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



Childrens Mental Health Week



To celebrate #ChildrensMentalHealthWeek, a range of children from across Castleway Primary School and Sacred Heart Primary School worked with Donna from MHST and their class teachers, focusing on what makes them happy and also what we can do to help 'grow ourselves'. They spent time thinking about what feelings they may have when they're 'growing' and how that can look. The children expressed themselves brilliantly.



High School Allocations and Transition Work

High school allocation day is Monday 3rd March 2025, if you feel your child may need support surrounding this, please speak to your school mental health lead, who can put you in touch with your schools MHST linked practitioner.

Over the summer term, MHST will be offering parent workshops, coffee mornings, and class workshops in primary schools and our linked high schools. Helping to explore feelings surrounding transition, build skills and confidence to help manage worries relating to the transition to your child's new secondary school.

Parenting a Child with Autism 2025

A five week course covering aspects of autism including what is autism, behaviour, sleep and sensory issues.

The course is virtual via TEAMS.

[Click here for tickets](#)