



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

Wendy Kay has recently joined our team recruiting, training and hopefully retaining volunteers who will be helping us with all the work that we do. Having worked supporting volunteers in the community, Wendy knows that volunteering really helps organisations to do more of the valuable work that they do. More than that we also know that supporting volunteers in the right way brings positive impacts on their health and wellbeing.

We are in the process of contacting everyone who has previously expressed an interest in volunteering but if anyone would like to know more please contact Wendy on wendy.kay3@nhs.net.

Beating the Blues

Wirral Mind have set up a Cognitive Behavioural Therapy programme, [Beating the Blues](#), for individuals aged 16+. The programme teaches techniques to help manage symptoms such as stress, anxiety, and depression.

The sessions are online and the whole programme takes around 8-10 weeks to complete with each session lasting between 1-1.5hours. You can access the course at home

or at Wirral Mind where a laptop or tablet can be provided.

To self-refer please contact 0151 512 2200 or beatingtheblues@wirralmind.org.uk

Resilience Based Approach to Children's Mental Health

A collaboration of researchers, adoptive parents, counsellors and children's mental health workers have produced some guides on how to increase resilience in children. Together with Blackpool Council and the University of Brighton, 'A guide for schools using a resilience based approach' and the supplementary 'supporting children and young people's mental health during covid-19 pandemic' use the resilience framework as the basis for providing mental health support in school.

The main guide and the supplement can be downloaded [here](#)

Wellness and Nutrition

Next Chapter Wirral are promoting health and wellbeing with a **Wellness and Nutrition** course for parents wanting to make small changes to their eating habits. The aim is to provide an understanding of how food impacts physical and mental health, how to understand nutrition labels on food and how to start implementing positive changes. The course entails four 1.5 hour sessions all done on Zoom. To be eligible for a place you must be earning under £18,135 or in receipt of benefits.

Please contact louise@nextchapternwcic@.co.uk or contact through **Facebook - Next Chapter**.

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.