NHS
Nottinghamshire Healthcare
NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM

Parent/Carer Newsletter

Autumn EDITION 2026

Zen parents aren't born, self-regulation is not a skill to master or an inherent trait, but rather a journey within ourselves that can always grow, change, & adapt. Ashley Soderlund

As the darker, colder days draw in it can be difficult to maintain motivation and keep spirits up. Within this newsletter we invite you to think of how you can develop your wellbeing and that of your children with some top tips below:

Theme: Winter Wellbeing

Looking after our wellbeing is important all year round, but it can be harder in the winter months. Low mood and fatigue can be triggered with less natural sunlight this time of year. We might struggle to get outside, see people, or participate in our hobbies and interests.

We might also notice this in our children and young people too. Simple things we can encourage them to do are more activities that increase a sense of **enjoyment**, **achievement** or **closeness** to others. This may look like having a movie night, cooking or baking as a family, playing boardgames, going out for a walk or moving their body in a way they enjoy!

If you are worried about your child or young person's mood, you can **refer to the MHST here.**

Take a look at our Winter Wellness Plan:

Winter Wellness Plan

As the days grow shorter and darker, it's natural to want to withdraw and drift into autopilot. Slowing down with the season by reconnecting with yourself, others and the moment can make a real difference in winter.

1. **Connect with others**
   Do one kind thing a day whether that's a smile, a thank you, or helping someone out.
2. **Connect to your senses**
   Make a hot drink slowly, focus on the sound of the kettle, the smell of the drink, the steam from the mug, and the heat of the drink in your hands.
3. **Connect with nature**
   Go for a walk and name 5 things you can hear, see, feel and smell.
4. **Connect to your breath**
   Pause to breathe and calm your nervous system. In for 4 - hold for 7 - out for 8 - repeat.

If you feel you need extra support with your wellbeing over winter, speak to your GP, or you can self-refer into Nottingham and Nottinghamshire Talking Therapies here

Wellbeing Journey

Want to know more about your journey with the Mental Health Support Team (MHST) would look like? We have created a brief flowchart to show what to expect, from the referral to the final session of treatment. Please note this may vary slightly for each individual.

Referral to MHST
The referral form is sent by the school Mental Health Lead with the family's consent. A self-referral can also be sent by a parent/carer or by a young person aged 12+.

Referral accepted
An acceptance email is sent to the parent/carer or young person, including a safety pack and signposting while you wait for treatment with the MHST.

Initial Assessment
Your practitioner will contact you to book in your initial assessment. Your initial assessment is to help us understand your main problem and what support you want.

1st treatment session
The first session will be used to get to know each other better. You will set goals for treatment to decide what you want to focus on.

More treatment sessions
We usually offer 6-8 sessions which are 1-to-1 or in a group. If you are working with a Specialist Practitioner or CBT therapist, this might up to 10-12 sessions.

Ending session/Discharge
The final session is to review progress, create a Staying Well Plan, and signpost/refer you to any other services you may need. You will then be discharged from the MHST.

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MHST Parent Offer

Without a Referral:

- Talk to us at Parents Evening Stands

Webinars:

- Children's Emotional Health and Wellbeing
- Understanding Your Teen
- Self-Harm

With a Referral (Parent Courses):

- Managing Anxiety with your Child (MAC)
- Intro to Neurodiversity and Anxiety (ND&A)
- Forever Families (Positive Behaviour Management)
- Parent Adolescent Relational Training (PART)

How to find us

We are open all year!

We continue to support young people and families on our caseloads throughout school holidays.

We also work in the community promoting wellbeing strategies and raising awareness of the MHST and how we can help.



We get out & about at local festivals and community events during school holidays. We engage children & young people in activities to boost self-esteem and build resilience.

VISIT OUR WEBSITE FOR PARENT RESOURCES AND VIDEOS

Youth Voice & Feedback

"I have been feeling more confident and it's like my anxiety has washed away."

Young person

"I recently attended the MAC course run by the MHST and found it very interesting and helpful. The course content along with the accompanying book gave me a much better understanding of anxiety and practical ways to support my child."

Parent

"My child is really enjoying their time with you. They light up when I ask about [sessions]."

Parent

Referral Information

<u>If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...</u>

Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage:

CAMHS - Mental Health Support Teams

Find Notts Healthcare Mental Health Services online...

bit.ly/37qtfoZ

http://

bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0808 1963779
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies