



BLACKPOOL PMHW

PMHW NEWSLETTER

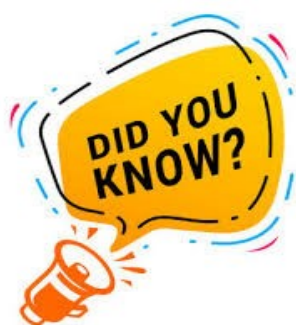
September 2021



Within this newsletter we introduce the new Mental Health in School Support Team (MHST) for Blackpool & Wyre with a reminder of what PMHW could offer your service.

Helen and Natalie say a sad farewell to Leanne this month, as she moves over to the MHST as a Team Leader. We wish her every success in her new role and thank her for all her fantastic hardwork as a PMHW.

Blackpool and Wyre are getting a Mental Health Support in School Team!



The Fylde Coast CCGs have been selected to establish two Mental Health Support Teams – one will cover education settings in Blackpool and one will cover education settings in Wyre. The Mental Health In School Team is a new service in the second quadrant of the THRIVE Framework. It is designed to help meet the mental health needs of children and young people in Secondary education settings.

What is a Mental Health Support Team?

Our Mental Health Support Teams will provide direct mental health support to 24 education settings across Blackpool and Wyre.

The service will aim to promote the early detection and prevention of mental health problems across the whole school/college and strengthen links between schools/colleges and mental health services.

BLACKPOOL AND WYRE MENTAL HEALTH SUPPORT TEAMS
Working together to create something special

NHS

HELP US SHAPE A MENTAL HEALTH SUPPORT TEAM

WHAT IS A MENTAL HEALTH SUPPORT TEAM?
The local NHS and local authorities are creating two mental health support teams: one in Blackpool and one in Wyre. They will provide early intervention on mental health and emotional wellbeing issues, such as mild to moderate anxiety to pupils in our secondary schools, special schools, pupil referral units and under 19s at Blackpool and the Fylde College. They will also help staff within a school or college to provide a whole school approach to mental health and wellbeing.

TO MAKE IT THE BEST WE NEED YOUR HELP TO CO-PRODUCE THE SERVICE

WAYS TO GET INVOLVED

- Enter our great competition to design a new logo and name for the Mental Health Support Teams.
- Over the next few months, we'll be holding a series of roadshows and virtual events for children and young people and parents/carers so you can have your say on how the teams work.

FIND OUT MORE AT OUR WEBSITE
www.fyldecoastccgs.nhs.uk/mhst

Fylde Coast
NHS Foundation Trust

The team will provide direct, ongoing support around mental health and wellbeing. This will include:

- Providing direct interventions to pupils with mild to moderate mental health conditions such as anxiety, low mood or behavioural difficulties.
- Making onward referrals to health and wellbeing services for children and young people across the Fylde Coast who require specialist support.
- Providing training, education and advice to school staff to help them support their pupils around mental and emotional wellbeing.
- Championing mental wellbeing and resilience across the whole school community by providing guidance around issues such as bullying and coping with exam stress.

THE SERVICE WILL SIT ALONGSIDE AND COMPLEMENT ANY EXISTING MENTAL HEALTH SUPPORT THAT SCHOOLS HAVE ACCESS TO

PMHW NEWSLETTER

Thanks for everyone who took part in World Mental Health Day, in particular #helloyellow raising awareness for young people's mental health.



Special thanks to CAMHS Practitioner Angela Sharp who is always an active colleague, displaying her support for young people.

Another #helloyellow achievement was we received an official message from @YOUNGMINDSUK thanking us for the ongoing support Blackpool PMHW show via our Social Media.

Service highlighted this month

is the wonderful.....

Post COVID, UR Potential are available to support the People of Blackpool to help everyone reach their daily potential. Here's more information about their Services and Teams:



Their mission

To support you to build confidence, provide tools to learn new skills, offer new opportunities, help you meet new people, make a difference, give you the chance to be part of a community and, most of all, have fun!!

They support a wide range of people & organisations from ages 10 up to 110! They provide lots of support opportunities, including community groups, volunteering, training & employment & wellbeing support. Whether you're an organisation or individual, you'll be surprised at just how they can help you achieve your potential!

Range of services available with U R Potential:

- | | |
|---------------|---------------------|
| Adult Support | LGBT + Groups |
| Volunteering | Youth Participation |



Please find more great information from URPOTENTIAL by following: [LGBT+ Support @URPotential](#) or contacting Nina Beavers2 LGBT@urpotential.co.uk



Consultation with Your Primary Mental Worker

To consider appropriate ways of meeting the child's mental health needs in partnership with professionals already working with them.

What do we offer with our consultations ?

We offer a variety of consultations with professionals via telephone, email, TEAMS and face to face (COVID Safe). We discuss current concerns, safety / risk factors and devise a plan to support the young person. We look closely how best to support the young person, making suggestion of signposting to the most appropriate services.

We can also assist with effective referrals into OPTIONS4CYP. To support further we can look into family consultations alongside the professional to encourage and guide families in playing a vital role in their child's emotional health and wellbeing.

Who we consult with*:

- . Primary Schools
- . GP's
- . Secondary Schools
- . Education Diversity / ECHP Schools
- . Blackpool Council Teams
- . School Nurses
- . 3rd Sector Agencies

How to contact us for more information :

Blackpool CAMHS : 5-18 Years (Schools)

Helen Moss : Helen.moss21@nhs.net

Natalie Wood Natalie.wood49@nhs.net



BLACKPOOL PMHW

CASHER

**OFFER URGENT
SUPPORT 7 DAYS A WEEK**

To book a place at this clinic, please contact the **CASHER** Team during duty hours (please leave a msg if necessary & they will contact you asap)

0800 121 7762 Option 2

;Mon-Fri 5pm-10pm or Sat/Sun 10am-8pm. (Bank Holiday times can vary)

HOPELINEUK DEBRIEF SERVICE

We work with professionals including GPs, teachers, councillors, police, first responders and frontline workers, who have recently had an encounter with suicide, and would like to talk it through with a trained professional.

0800 068 41 41

07860 039 967

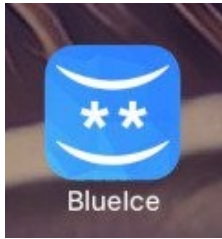
pat@papyrus-uk.org

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

PMHW NEWSLETTER

November's NHS Recommended Useful Apps fo

Bluelce



Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#).



Thrive

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax.



CAMHS Corner : This month we look at ADHD

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse .

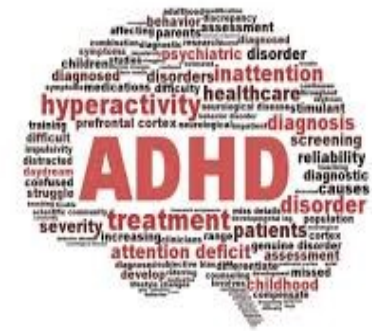
Snapshot: What ADHD is

ADHD is a common condition that's caused by differences in the brain . People with ADHD have trouble with focus. But some are hyperactive and impulsive . That's especially true with kids and teens.

People with ADHD have trouble with a group of key skills known as executive function, which creates challenges in many areas of life, from school to work to everyday living. For example, people with ADHD often struggle to get organised, follow directions and manage their emotions.

ADHD isn't a matter of laziness or willpower — that's one of the many myths about it. In fact, people with ADHD are often trying as hard as they can to focus and keep their impulses in check.

For a long time, people thought ADHD was something only kids — boys, in particular — had. But research shows that adults also struggle with ADHD, and that women and girls have it as often as men and boys . ADHD doesn't just go away as people get older. Most of the time, hyperactivity and impulsivity lessen or disappear by the teen years but trouble with focus usually continues. Some people aren't diagnosed with ADHD until after high school or as adults.



Where to get further support and advice for Parents & carers

Hyperactive Children's Support Group Helps hyperactive/ADHD children and their families, providing information particularly regarding hyperactivity and diet. Opening times: Mon - Fri 2.30pm-4.30pm [01243 539 966](tel:01243 539 966) hacsg@hacsg.org.uk

ADDISS (The National Attention Deficit Disorder Information and Support Service) provides information and resources about ADHD and the variety of approaches that can help including behavioural therapy, medication, individual counselling and special education provision. [020 8952 2800](tel:020 8952 2800) info@addiss.co.uk

adhdfoundation.org.uk



Youth Mental Health First Aid

Following a successful summer of training Blackpool Primary and Secondary schools in Youth Mental Health First Aid and the Champions Courses, we are pleased to confirm the training will remain available via Lancashire Safeguarding Boards Learning & Development.

Please use the link provided [e-Training - Course Booking](#) (lancashire.gov.uk) or contact lscb.training@lancashire.gov.uk for further details and to apply.

Courses available in February 2022

CASHER **CAMHS** **Youththerapi** **NHS Blackpool Teaching Hospitals**

Do you have concerns about a young persons, emotional health & Wellbeing ?

Would you like further information on local services & support available?

Keen to gain support for young person ?

Unsure where go get support for a referral?

Are you struggling with overwhelming thoughts & feelings ?

BLACKPOOL PMHW Blackpool Primary Care Mental Health workers offer an ongoing weekly Monday drop ins, for support and guidance. Open to young people, parent carers & professionals. We can discuss current concerns, safety / risk factors and devise a plan to support the young person. We look closely how best to support the young person by signposting the most appropriate services. We can also assist with effective referrals into OPTIONS4CYP.

VENUE
Westminster Primary Academy
Childrens Centre
Westminster Road
Blackpool
FY1 2QE

Monday: 2pm-4.30pm

For Further Infomation Contact:
0800 121 7762

Don't Forget we have PMHW

Drop-in sessions!

Day: Monday

Time : 14.00-16.30

**Venue : Westminster Primary Academy,
Children's Centre FY1 2QE**

**We have attached the most up to date poster to
this month's newsletter.**

Please contact us directly for further information.

Are you following us on Social Media ?



**@youththerapy / @Blackpool_PMHW /
@entwined_minds**



@youththerapybpool @blackpoolPMHW



@youththerapybth

**With thanks from
Helen, Leanne and .
Natalie
Blackpool PMHW**