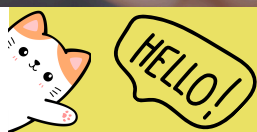




NHS
Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

Issue 1: September 2024



Welcome to the first issue of the Wigan MHST monthly newsletter.

In each issue we will be offering wellbeing advice, useful signposting, and information on upcoming events.

Each issue will also feature the whole school approach offer for the month ahead.



MHST Padlet

Scan the QR code above to access useful information, signposting, and referral forms.

What is the Mental Health Support Team?

We are an early intervention service offering first-line treatment, advice and signposting, which aims to prevent escalation to high-intensity services. We support children and young people with **mild to moderate mental health difficulties** aged **8-18** on a one-to-one basis, and we are also able to offer parenting support for parents of children aged **5-12** who present with anxiety. Our core interventions focus on the treatment of **worry, low mood, specific phobias, and sleep difficulties**.

We also support schools to develop their whole school approach to mental health, which includes but is not limited to workshops, training, and assemblies.



THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Mental Health Ambassador recruitment and training
- Introduction to MHST - staff training on the suitability criteria and referrals.

Contact your school's allocated practitioner to find out more.

MHST SUITABILITY CRITERIA FOR ONE TO ONE SUPPORT

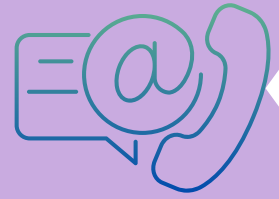


- **Recent Onset:** Difficulties should ideally have been present for < 1 year.
- **No Significant Trauma:** Trauma is likely to require a high intensity approach.
- **Low Complexity:** If there are complex contextual circumstances these may need to be addressed before the CYP is able to access low-intensity interventions e.g. bullying or domestic abuse.
- **Ready to Engage:** CYP should have a clear motivation to implement changes and a willingness to commit to sessions and engage with home tasks.
- **Low Risk:** Low-intensity interventions are most effective when there is no risk, however, CYP with a low level of risk (e.g. suicidal thoughts with no intent or superficial self-harm) may be considered.
- **Limited Previous Treatment:** It is important that the CYP has not previously accessed similar support for the presenting problem, and that they do not access any additional therapeutic support at the same time as those offered by MHST.
- **Able to Offer Insights on Experiences:** For one-to-one work, the individual must be able to offer insights on their own emotions and experiences; the lower age limit for this type of intervention is 8 years.

The following presentations are **NOT** suitable for support with low-intensity interventions and may require specialist support:

Moderate to severe presentations; moderate to severe risk; PTSD/ Trauma; eating disorders; grief/ bereavement; anxiety as a direct result of sensory overload.

USEFUL RESOURCES



Wigan MHST - for general queries: wiganmhst@gmmh.nhs.uk
Further information on the Service and the referral process:
<https://padlet.com/WiganCAMHS/MHSTInfo>



Wigan CAMHS Duty Team (Mon-Fri 9-5): 01942 764473



24/7 Crisis Line: 0800 051 3253



SHOUT text support: 85258



KOOTH: <https://www.kooth.com/>



Young Minds: <https://www.youngminds.org.uk/>



Samaritans: call 116 123 or visit <https://www.samaritans.org/>



Papyrus: call 0800 068 4141 or visit <https://www.papyrus-uk.org/>



Childline: call 0800 1111 or visit <https://www.childline.org.uk/>



Mind Ed: free mental health e-learning courses, register here:
<https://www.minded.org.uk/Register>

IN THE NEXT ISSUE:

Celebrating World Mental Health Day

Mental Health in the Workplace

ADHD Awareness Month

