



Welcome to the first edition of the MHST newsletter for this academic year! We hope you had a well-rested summer break and are settling into the new year.

This edition of the newsletter will showcase some of the work we have been doing and events we have attended over the summer break. We will also consider how we can raise awareness of mental health this World Mental Health Day and how we can celebrate other upcoming key dates.

What have we been up to?



HAF EVENTS

'LET'S GET TALKING ABOUT SUICIDE' EVENT



Despite schools being closed over the summer, MHST have been very busy! We have been running summer workshops (both virtually and face-to-face) on a range of mental health topics, alongside having a presence at the following events:



COLLEGE FRESHERS

We have also made changes to our referral form to make the process smoother for schools and colleges to complete. You will receive separate updates about this in the near future!

Say hello to...



Robyn



South Locality
Education Mental Health
Practitioner

Rose



Central Locality
Education Mental Health
Practitioner

Olivia



North Locality
Education Mental Health
Practitioner

October 2024

please turn over!

Did you know?

World Mental Health Day
is happening on
**Thursday 10th October
2024**. The official theme
set annually by the World
Federation for Mental
Health is: "It is time to
prioritise mental health in
the workplace"

"In our fast-paced world, more employees are experiencing chronic stress and burnout."

We know this is especially the case in education settings! This World Mental Health Day, consider how you can raise awareness of mental health across your education community and how you can improve the wellbeing of your staff team.

Every year, thousands of schools, companies and communities come together to make World Mental Health Day that little bit brighter by wearing something **yellow** and donating to YoungMinds.

www.youngminds.org.uk/support-us/fundraising/helloyellow/

Will your school/college sign up for
"Hello Yellow" this year?

Dates for your calendar

AUTUMN TERM

October

10th: **World Mental Health Day**

#WorldMentalHealthDay

13th – 19th: **OCD Awareness Week**

November

4th-8th **Stress Awareness Week**

#StressAwarenessWeek

11th - 15th: **Anti-Bullying Week**

December

5th: **International Volunteer Day**

#IVD2024

As it's the start of a new school year, your MHST link worker will be in touch to arrange an action planning meeting. MHST support is tailored to each individual setting, so it is essential for us to understand how we can support you in meeting the needs of your school (for example, through assemblies, staff workshops, parent workshops).

We encourage you to consider key periods within the school year for your staff and pupils, when they may need some additional support. It can also be useful to think about key dates for your diary and whether you would like to arrange something to raise awareness for the occasion. This can be discussed during consultation and arranged.

