



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 celebrate upcoming key dates.

What have we been up to?



Despite schools being closed over the summer, MHST have been very busy! We have been running summer workshops on a range of mental health topics, incorporating fun activities for children and young people to engage in.



We had a fantastic Youth Mental Health Ambassadors (YMHA) celebration event with St Edmunds and received amazing feedback from the young people in attendance.

Pupils reported the positive impact of being a member of the group and creating awareness of mental health, and how fulfilling helping and supporting others is. One young person wanted to send a big thank you to all staff in Trinity for "turning our dreams into reality".

Pupils reflected how they have provided spaces in school to allow pupils to access mental health content, including those who may not feel able to actively seek the information due to stigma.

If you are interested in developing YMHA in your school, please see our new MENU, or speak to your MHST link worker for more information.

We also spent a lot of time developing our Whole School Approach (WSA) offer, which now includes classroom based activities for children and young people. Please see our new MENU's for more information.



We will also be offering a new parent-led intervention for children aged 5-12, experiencing anxiety alongside behavioural difficulties. This offer will be available in a group starting from January 2026. Information on this is attached, and if you are interested please speak to your MHST link worker to discuss this further.



From Monday 20th October, our email addresses will be changing to @nhs.net. This is part of our ongoing work to bring together services and systems since we became #TeamHIOWH last year. Your individual link worker will update you on their new email address.

Our generic email address will change to **hiowh.camhsmhst-portsmouth@nhs.net**, this will be for referrals and all other general enquiries.

Dates for your calendar

AUTUMN TERM

November

1st-30th: **'Movember' Men's Mental Health Awareness Month**

5th: **Stress Awareness Day**
#StressAwarenessDay

3rd-7th: **Stress Awareness Week**
#StressAwarenessWeek

10th - 14th: **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).

Did you know?

We celebrated **World Mental Health Day** on Friday 10th October 2025. The official theme was: "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! Maybe this could be a prompt to consider how you can raise awareness of mental health across your education community and how you can improve the wellbeing of your staff team.



Scan the QR code to book your place!

