



We hope you enjoyed the heatwave half-term, and are feeling refreshed ready for the final stretch of the academic year. This edition of our newsletter will share data around what we have been up to since september, and draw your attention to our summer workshops and new resources.

What have we been up to?

It's been a very busy year for Portsmouth MHST, which is both positive and rewarding!

Since September, we have...

- Received **353** referrals.
- Discussed **626** young people in consultation (a 10% increase compared to last year).
- Delivered **over 160 Whole School Approach** activities (including parent drop ins, assemblies and workshops).

And the years not quite finished yet!

Summer Holiday Workshops!

MHST will be hosting workshops throughout the summer holidays to help support children and young people with their mental health and wellbeing.

The workshops will focus on understanding different elements of mental health and wellbeing, and learning CBT based skills to help us manage how we feel.

The workshops will be held once a week throughout summer, on different dates, times and locations.

Please find attached an advertising poster to promote in school, which has a QR code to sign up!

Thinking Forward...

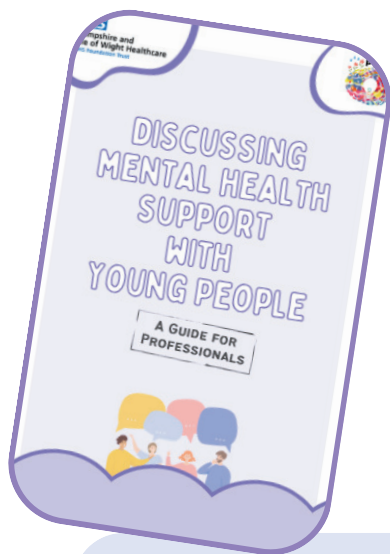
As we approach the summer holidays (which we know comes around quick), it can be helpful to start having a think about any workshops or assemblies you would like to schedule for the autumn term.

Reach out to your MHST link for more information about our current MENU of workshops and assemblies available to book in.



So far, we have networked and shared service updates. Join us for our next meeting to hear about exciting new projects, and forward planning for the new academic year.

Please use the QR code to secure your place for next **virtual** meeting on Microsoft Teams!



Full resource attached
with the newsletter!

Did you know?

A new resource has been created by mental health professionals and Portsmouth Youth Perspective - a group of young people supported by the HIOW NHS Participation team, who are passionate about shaping mental health support in the city.

The guide gives valuable tips for professionals on how to talk to young people about mental health.

Dates for your calendar

SUMMER TERM

June

1st-30th: **Pride Month**

1st: **International Children's Day**

9th-15th: **Men's Health Week** #MensHealthWeek

15th-21st: **Learning Disability Week**

21st: **Father's Mental Health Awareness Day**

#FathersMentalHealthAwareness

27th: **National P.T.S.D. Awareness Day**

July

24th: **Samaritans Awareness Day**

#SamaritansAwarenessDay

30th: **International Friendship Day** #DayofFriendship

August

12th: **International Youth Day**

#InternationalYouthDay

As we mark Samaritans Awareness Day, we wanted to share a huge congratulations to our clinician Rose, who not only completed the London Marathon but did so while proudly fundraising for this very important charity!



We encourage you to consider key periods within the school year for your staff and pupils. 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.