



**Cheshire and Wirral  
Partnership**  
NHS Foundation Trust



Welcome back to our Wirral Mental Health Support Teams (MHSTs) newsletter. This is our regular update from the local team supporting Wirral schools and colleges with all things mental wellbeing.

We'd really appreciate you sharing this with your young people, families and wider networks.

If you have any feedback about the newsletter feel free to contact us via [cwp.adminmhst@nhs.net](mailto:cwp.adminmhst@nhs.net)

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### **An update from your local team**

As this week is Children's Mental Health Week, Wirral MHST have been piloting a Food for Mood presentation in a few schools across Wirral to get students thinking about the positive impacts of their food choices. We have also had a great response to the call for poems and drawings on the theme of 'Growing Together'. Thank you to all who are getting involved in this and please keep sending in your work. The work will be displayed in Birch centre and photographs will be sent round to all schools that have participated.

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### **Wellbeing Research Participation.**

The Anna Freud centre have been commissioned by Department of Education to conduct some research on school-based mental health interventions. The research will examine the impact of different interventions on pupils' mental health and wellbeing. there are 2 projects being implemented across years 7, 8 and 9 which include mindfulness, relaxation and mental health awareness. For more information, details on eligibility and to express interest go [The Anna Freud website](#).

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### **Preventing Online Sexual Abuse**

[The National Crime Agency's CEOP Education team](#) aim to help protect children and young people from online child sexual abuse. The CEOP Education Programme provides training, resources and information for children and young people, their families and those who work with them. There is information tailored to specific age ranges from 4-18years and a new resource to encourage parents to #Asktheawkward - this new resource is aimed at parents and carers of secondary aged children and consists of three films discussing ways to talk to your children about online relationships.

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## Support with Tourette's

Tourette Syndrome is an inherited, neurological condition, the key features of which are tics, involuntary and uncontrollable sounds and movements. TS is a complex condition and a large number of people with the condition will also experience co-occurring features and conditions. [Tourettesaction.org](https://www.tourettesaction.org) is a website filled with information on the condition and it's associated features. There is support for young people - including books, social media sites to follow and support groups - and support for parents and professionals.

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## MyMind website and social media

For more information about your local CAMHS service and access to a range of other resources about mental health please click on this link [mymind.org.uk](https://mymind.org.uk)  
Our you tube channel and mymind twitter feed can also be accessed by clicking on the icons at the bottom of this newsletter.



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