



WIRRAL MHST Parent & Carer Newsletter



Welcome back to our Wirral Mental Health Support Team (MHST's), parent & carer newsletter. This is our regular update from the local team supporting Wirral schools and colleges with all things mental wellbeing.

If you have any feedback about the newsletter feel free to contact us via cwp.adminmhst@nhs.net

If you would like to share your feedback with us, please scan the QR code above and select our service, MHST Wirral. Your feedback is really appreciated as it helps us improve our service for other children, young people, and families that we support. The feedback we capture will be anonymous

World Mental Health Day

Thursday 10th October 2024

World Mental Health Day 2024 – "It is Time to Prioritise Mental Health in the Workplace"

Some schools wore yellow to mark the occasion, and a number of our practitioners were doing 5 ways to well-being sessions during that week across various schools, with the theme this year focusing on mental health in the work place, we do hope you where able to honour this day in some way in your workplaces.



Whats going on over half term



Fusion Studios Bromborough,
Spooktacular Halloween Day

If you would like a place please contact Dawn on 07428733855 or email on enquiries@fdacollege.co.uk

Spooky stories & Crafts at Wirral Libraries

[Click here to find out how to book a place](#)



From Timid To Tiger Digital Story

Coming soon to a screen near you, hear from parents who have completed the timid to tiger course, look out for the video link in our next newsletter

The 'From Timid To Tiger' parenting intervention is a 10 week course, for parents and carers of primary school children. We work with parents of children who are struggling with anxiety, offering techniques they can use to support their child and help them to understand what anxiety is.

