



Newsletter

Mental Health Support Team

January/February 2026

MHST? Who are we?



The Mental Health Support Team (MHST) provides an accessible service for students from primary age to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Accrington College).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a referral to the service. You can also speak to your GP.

Happy New Year!



Hello everyone

Happy New Year! We hope you have all had a chance to rest and reset over the the holiday period.

Some of us in the MHST have had a lovely break; but some staff have still been in work continuing to support young people over the Christmas holidays. When schools are closed we usually offer appointments online/over the phone or at various Local Children's Centres; it has been nice to keep in touch with some of you, whilst others have enjoyed a therapy break.



One of our goals that has come from our latest Participation meeting is - PROMOTION!! Our young people are very keen to highlight our service in a more 'young person friendly way' and they will be supporting us in creating social media content (watch this space!) and highlighting the service we offer in various different ways. One of the first ways to support this is to ask for your help!! Please if you are reading this newsletter can you please share with friends/colleagues/anyone who you think may find the information helpful - we really do appreciate your support. Also please make sure you follow us on social media!! (Information on the last page!)

NHS

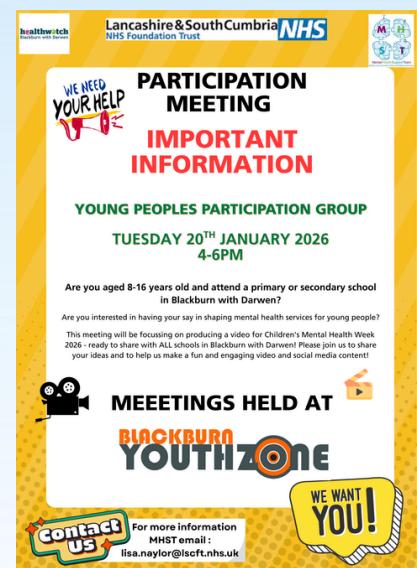
Lancashire & South Cumbria NHS Foundation Trust

2026

Young Peoples Column

Our Young People's Participation Group met prior to Christmas and have celebrated 2025 successes (there have been many!)

The group have set goals for the upcoming new year and some of the young people attended the Youth Voices meeting, sharing their experiences and suggestions for improvements to the wider NHS Trust.



Newsletter - We work as a group to create this newsletter and are always looking for new suggestions and content. If you have any to share, please email us at mhstnewsletter@lscft.nhs.uk

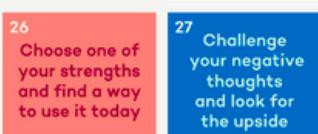
Joyful January

January can often feel like a challenging month. The festive season has ended, the days are short, and many of us feel the weight of setting ambitious New Year's resolutions. It's easy to feel overwhelmed or low, but you're not alone—and there are practical ways to boost your wellbeing and start the year on a positive note.

"Joyful January" is a popular theme for starting the new year with positivity, focusing on simple joys like nature, good food, small treats, and connecting with others to combat winter blues.



Kickstart the new year with positivity using this Happier January Calendar (Click the image for a link to download and print)

Happier January 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1 Find three things to look forward to this year</p>	<p>2 Make time today to do something kind for yourself</p>	<p>3 Do a kind act for someone else to help brighten their day</p>	<p>4 Write a list of things you feel grateful for and why</p>
<p>5 Look for the good in others and notice their strengths</p>	<p>6 Take five minutes to sit still and just breathe</p>	<p>7 Learn something new and share it with others</p>	<p>8 Say positive things to the people you meet today</p>	<p>9 Get moving. Do something active (ideally outdoors)</p>	<p>10 Thank someone you're grateful to and tell them why</p>	<p>11 Switch off all your tech at least an hour before bedtime</p>
			<p>12 Connect with someone near you – share a smile or chat</p>	<p>13 Take a different route today and see what you notice</p>	<p>14 Eat healthy food which really nourishes you today</p>	<p>15 Get outside and notice five things that are beautiful</p>
<p>19 Focus on what's good, even if today feels tough</p>	<p>20 Go to bed in good time and allow yourself to recharge</p>	<p>21 Try out something new to get out of your comfort zone</p>	<p>22 Plan something fun and invite others to join you</p>	<p>23 Put away digital devices and focus on being in the moment</p>	<p>24 Take a small step towards an important goal</p>	<p>25 Decide to lift people up rather than put them down</p>
						
<p>26 Choose one of your strengths and find a way to use it today</p>	<p>27 Challenge your negative thoughts and look for the upside</p>	<p>28 Ask other people about things they've enjoyed recently</p>	<p>29 Say hello to a neighbour and get to know them better</p>	<p>30 See how many people you can smile at today</p>	<p>31 Write down your hopes or plans for the future</p>	



Click here for more information and FREE resources



NHS

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Children's Mental Health Week is an annual mental health awareness week launched by children's mental health charity, Place2Be. The week exists to empower, equip and give a voice to all children and young people in the UK. The theme this year is Belonging.

What does belonging mean?

Do you know belonging isn't felt from just one thing or one place.

There are so many ways we can feel like we belong. See some examples below:

- At Home: with supportive family members/carers who know you well, even your quirks.
- At School: in classrooms where ideas are shared, with teachers who believe in you, and among friends.
- In Activities & Special Interests: that you enjoy and are passionate about ex: sport, arts, maths, reading...
- In Communities: religious or cultural groups, neighbourhood communities, online spaces, or volunteer organisations.
- With Friends: those special people who truly understand you, make you laugh, and stand by you through good times and difficult ones.
- Within Yourself: feeling comfortable to be you and accepting yourself as you are.
- Within the Environment and Universe: being outdoors or looking at the stars to feel belonging not only with other people but all that exists on our planet and beyond



Be Kind.



Signposting and Information

Click on the images or scan the QR codes



CONNECT TO WORK
Funded by UK Government

LANCASHIRE SKILLS & EMPLOYMENT HUB

Part of the Lancashire Combined
Governing Authority

Need help to find or stay in work?

Connect to Work can help you if you're finding it tough to get a job or stay in work. Whether you have a disability, a long-term health condition, or you're finding it hard to keep a job, we're here to support you. Let's talk.

A personal employment specialist to support you
A plan to help you meet your work goals
Help and support at work and outside of work
Support to help make changes at work to make things easier
Someone to help you speak up at work

To find out more about this fully funded service, please email: employmentsupport@blackburn.gov.uk

Scan the QR code to find out more:



Access help and advice for yourself, your home and others

care network hub

Welcome



Females Friendship Forum
Monday Coffee Mornings

Enjoy Mindful Arts, a drink, refreshments and light Lunch every week 11am-1pm
Nelson Family Hub Leeds Road BB9 8EL

Booking required Contact Farida 07958215944

Lancashire and South Cumbria Integrated Care Board
BURNLEY PENDLE ROSSENDALE
CVS COUNCIL FOR VOLUNTARY SERVICE



A free Benefits Calculator to find out what benefits you can claim.

Follow us for regular updates and helpful tips:

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[Cypmh East Mhst](https://www.facebook.com/Cypmh.East.Mhst)



SCAN ME