



HEADTEACHER: Mr K Ford

6<sup>th</sup> October 2022

Dear Parents / Carers

## **Bucks Mental Health Team Partnership with GMS**

To help support the Mental Health of our young people, Great Marlow has teamed up with the Bucks Mental Health Support Team (MHST).

MHST supports young people who have emotional wellbeing difficulties, including anxiety and low mood, confidence and self-esteem issues. They provide evidence based therapeutic support both individually and in groups to young people and parents.

MHST offers training to school professionals to help them identify mild to moderate mental health and emotional wellbeing difficulties in their students. We offer workshops on supporting students in school who are showing anxiety, low mood, self-harm and other mental health difficulties.

Working in partnership with Buckinghamshire Council, the team consists of Education Mental Health Practitioners, Youth Workers and Family Workers. The Bucks Mental Health Support Team works with several education providers including primary schools, secondary schools, special schools, post 16 higher education and pupil referral units.

Following the recent Year Group Information Evenings, where we shared details of some Parent Information Evenings to be delivered by professionals who work within MHST, I am delighted to share the dates and topics to be covered and the links for parents / carers to sign up. I will resend the links of the sessions in the Spring term nearer the time.

### **Session 1 - Introduction to Mental Health**

Monday 10<sup>th</sup> October 2022 - 6pm Please click the [link](#) to sign up

### **Session 2 - Anxiety**

Wednesday 2<sup>nd</sup> November 2022 - 6pm Please click the [link](#) to sign up

### **Session 3 - Low Mood**

Tuesday 17<sup>th</sup> January 2023 - 6pm

### **Session 4 - Self-Harm**

Monday 6<sup>th</sup> March 2023 - 6pm

### **Session 5 - Promoting positive behaviour**

Wednesday 10<sup>th</sup> May 2023 - 6pm

We hope you will find these presentations helpful and look forward to seeing you there.

**Karen Craig**  
**Assistant Headteacher**  
**Mental Health Lead**