



HEADTEACHER: Mr K Ford

10th January 2023

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 and is an MHST school. You will be aware that we have been able to secure professionals from MHST to deliver some sessions to parents on a variety of topics and we have already delivered two of those sessions. The dates and topics of the next two sessions and advance notice of the remaining sessions are listed below. Please click on the link below to enable you to sign up and I will resend the links for the summer term nearer the time.

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.

Session 3 - Low Mood

Tuesday 17th January 2023 - 6pm. Please click on this [link](#) to sign up

Session 4 - Self-Harm

Monday 6th March 2023 - 6pm. Please click on this [link](#) to sign up

Session 5 - Promoting positive behaviour

Wednesday 10th 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