



26th February 2024

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 which were very well attended and successful last year. The dates and topics of the final two sessions are listed below. Please click on the link below to enable you to sign up for the Spring sessions.

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 1 - Promoting positive behaviour** - Complete

**Session 2 - Anxiety** - Complete

Please click on the following link to sign up for either of the above sessions.

[Sign up for sessions 3 and 4](#)

**Session 3 - Low Mood**

Wednesday 6<sup>th</sup> March 2024 – 6pm.

**Session 4 – Self Harm**

Tuesday 30<sup>th</sup> April 2024 – 6pm

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

**Sheryl Paul**  
**Mental Health Lead**