



**EXECUTIVE HEADTEACHER**

Mr K Ford

**HEAD OF SCHOOL**

Mr G Pendlebury

23<sup>rd</sup> April 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 have been well attended and successful. Unfortunately, we had to postpone the last session in March on Low mood due to power outage in the area. We intend to keep the session on Self Harm on Tuesday 30<sup>th</sup> April at 6pm. If you still wish to attend the session, please click on the link below.

We are currently looking at alternative dates and options that could be used for the missed session on Low Mood prior to the end of the summer term and will update you as soon as these plans are finalised.

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.

### **Session 4 – Self Harm**

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

[MHST sign up link](#)

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

**Sheryl Paul**

**Mental Health Lead**