



Greater Manchester  
Mental Health  
NHS Foundation Trust

# WIGAN MHST Newsletter

Issue 10: June 2025



## DEADLINE

Please note that the deadline for all new referrals to Wigan MHST prior to the summer break is **Monday 30<sup>th</sup> June 2025**.

This is to allow time for school consultations to be completed. Referrals that are received after this date will not be accepted.



### MHST Padlet

Scan the QR code above to access useful information, signposting, and referral forms.

Thank you for opening up this month's issue of the Wigan MHST Newsletter. In this issue we will be introducing you to our Equity, Diversity, and Inclusion Champions who will be offering some useful information and signposting to mark Pride Month. We will also hear from one of our service user's about their own experiences of Wigan MHST and what it means to them to be a Participation Champion.

With summer fast approaching we also take a look at school transition and managing what can be an anxious time for many young people.

We're also shining a spotlight on some useful signposting, including an SEN adventure club and an upcoming parent group.

Due to the final weeks of term quickly approaching, we are applying a deadline of **Monday 30<sup>th</sup> June** to submit any outstanding referrals. In doing so, it will allow us to ensure that conversations can be completed with heads of year or referrers to explore any cases that wish to be seen over the summer period. Please ensure that if a referral is submitted, that the referrer has the capacity to complete a consultation with the school's MHST worker. If there are any risk concerns, please ensure that you follow the established pathways of referring to the Core CAMHS team, or recommending A&E in an emergency.

If any of the young people you are considering referring would not like appointments over the summer period, please ensure that a referral is not submitted, as we are unable to keep young people open with no contact. We would recommend making the referral once they return for the next school year.

## THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Transition Workshops
- Psychoeducation Workshops

*Contact your school's allocated practitioner to find out more about our offer.*

# MEET OUR EDI CHAMPIONS



We would like to introduce you to David and Kajol who are our EDI (Equity, Diversity and Inclusion) Champions within MHST. We have introduced these roles as we want to ensure that our service and interventions are accessible to all children and young people regardless of their background, culture, sexuality etc.

We are hoping to work collaboratively with children, young people and school settings to support us with this. If you have any feedback or ideas on how to support this initiative, please get in touch!

Kajol Patel is our Engagement  
and Participation Lead.

David is an Education  
Mental Health Practitioner



## PRIDE MONTH - JUNE 2025

Pride Month is a global celebration and commemoration of the LGBTQ+ community to honour the history, struggles, and achievements of LGBTQ+ individuals, while also advocating for equality and acceptance.

Being LGBTQ+ isn't a mental health issue, and it doesn't cause mental health problems. But dealing with uncertainty, pressure, or judgement about your sexuality can be tough. That's why, if you're LGBTQ+, you're more likely to struggle with your mental health. This is not because of who you are, but because of the challenges you may come up against and the impact they have on you.

If, as a member of staff, you find yourself supporting a young person who may be experiencing difficulties with their sexuality, or mental health as a result, here is some useful signposting:



LGBT Foundation - 0345 3 30 30 30

LGBT Switchboard Helpline - 0800 011 9100

Proud Trust - 0161 660 3347

BYOU project Wigan and Leigh - [b.youproject@wigan.gov.uk](mailto:b.youproject@wigan.gov.uk)

<https://justlikeus.org/>

# ENGAGEMENT AND PARTICIPATION



## ENGAGEMENT AND PARTICIPATION

We want to support young people beyond interventions. We want to be able to give those who have accessed our service a voice where their opinions and ideas are valued and they're able to make a difference. They are experts by experience and they are key to helping us to continually improve our service. As a result they will gain new skills, make new friends and increase their confidence and self worth. There are also opportunities to be paid!



### FEEDBACK

We want to hear about their experience of our service and where we can make improvements.



### CO-PRODUCTION

There are opportunities to create youth friendly promotional and informational material.



### SOCIAL GROUPS

There are groups they can join e.g. Gardening at CAMHS.



### RECRUITMENT YOUTH PANEL

Full involvement in the recruitment of new MHST staff - this will be paid.



### PROMOTING MHST

Support us with how to promote our service within school/college but also at external events.

## WHAT OUR YOUNG PEOPLE SAY ABOUT PARTICIPATION:

"It makes me feel empowered and valued"

"Everyone has a voice that needs to be heard and listened to as well as valued"

"I feel like I actually matter and that people care"

If you know of a young person who has worked with our service or who is involved in shaping mental health in your school or college, please encourage them to speak with your setting's allocated practitioner to be involved in Participation.

# MY JOURNEY WITH MHST AS A NEURODIVERGENT YOUNG PERSON



“The mind works in a multitude of ways that we might find difficult to understand, especially when we are experiencing the emotional rollercoaster that comes with the way we think and process things. My personal journey in navigating my mental health and taking care of myself has been one filled with more challenges than I could've anticipated, and learning to understand my mind was the biggest hurdle I first saw in front of me when I decided it was time to take a stand and get the support I needed.

When I first got help from MHST, I was admittedly skeptical due to how bad my past experiences were in trying to get help for myself. Previously, my feelings were invalidated and dismissed as my way of thinking and how I felt wasn't understood, and especially as a neurodivergent person who struggled to understand how my own emotions worked, these experiences only worsened my anxiety and for the longest time I was convinced that every service would dismiss my feelings all the same.

I was pleasantly surprised to find out that it didn't have to be this way. With MHST, I was met with kindness and so much understanding; and the wall I had been trying to speak to my whole life had suddenly transformed into a warm and comforting room that I could walk right into, take a deep breath and talk at my own pace.

So often we can be convinced through our poor experiences and low mental health that it is our enemy, but having the opportunity to talk through it all with someone who listened without judgement and validated my feelings, I learned that my perspective on how my own mind worked was not helpful in coping with my emotions. Like every person, every mind is different, and no mental health journey is ever going to be the same. Through my sessions with MHST, I began to understand this and form a healthier relationship with my mind, which helped exponentially to clear the path and guide me closer to my goals. The relationship I have with my mental health has since drastically improved and I've gained so many skills that have been useful in learning to navigate my thoughts and feelings in a way that doesn't overwhelm me.

I have also achieved things through my participation with MHST that a few years ago I would've thought were too far out of my reach to achieve. Since finishing my sessions I have gone on to become a young member of the participation team, allowing me to get more involved with helping to change the system for the better and to provide more young people with the support I had needed for so long. The people I have met through this have changed my life in so many positive ways and to see such a loving community of people who care about supporting young people in so many unique and wonderful ways has given me so much hope for the future.

Reaching out was something I had always feared, but by taking those first steps and gaining support I was able to look past my struggles and discover my worth, something that has changed my life for the better!

**An account by Jean - MHST Participation Champion**



# SCHOOL TRANSITION

## TOP TIPS FOR MANAGING CHANGE



- Normalise that transitions and changes are challenging at first as we don't know what to expect, but these feelings will pass.



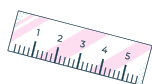
- Normalise that EVERY feeling they have about transition is ok and completely normal. It is ok to feel more than one emotion about transition (e.g. excited and scared).



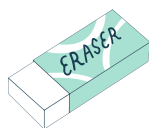
- Teach strategies like breathing exercises or distraction techniques when calm so they remember them during anxious times.



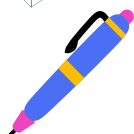
- Think about other times that young people have faced the unknown and managed to cope with this.



- Look at the positives of the transition instead of focusing on the negatives.



- Find out what the worry is about transition (e.g. friendships, change, what they are leaving behind).



- Mark the end of the positive experience (celebrate the positives of the end of an era) and celebrate the new experience and exciting new challenges this brings.



- Encourage peers to share their worries and concerns with each other, it gives them a chance to share mutual worries with people their own age.



- Create social stories that outline what will happen during transitions. These stories can help children visualise and understand the process, reducing anxiety.



- The brain loves predictability. Using visual cues can help create a structured, predictable environment where they know what to expect. Visual schedules, such as charts or picture cards, can outline the sequence of daily activities of what to expect, helping children understand and anticipate what comes next.



- Make time for relaxing / enjoyable activities so the brain can have a break from constant worry.

Anna Freud offer a wide range of resources to support with school transition.

Click here to watch a video all about the transition to secondary school: <https://www.bing.com/videos/riverview/relatedvideo?q=anna+freud+transition+video&mid=B1E1F9789A9B3F5C1635B1E1F9789A9B3F5C1635&FORM=VIRE>

# SIGNPOSTING SPOTLIGHT



**BE WELL OUTDOORS**  
WHERE ADVENTURE AWAITS

**SEN Adventure Club**

ADVENTURE AWAITS FOR ALL ABILITIES

**Tuesday**  
5pm - 8pm

**Saturday**  
9:30am - 12pm

SESSIONS RUN EVERY WEEK

BOOK VIA THE BE WELL APP

SCOTSMAN'S FLASH

**SEN Adventure Club at Scotsman's Flash**  
4-21 year olds  
£5 per session  
All abilities welcome  
Book via the Be Well app

## Transition Course for Parents

5-week course focusing on the emotional wellbeing of your child as they move to high school. Understanding emotions and building resilience. Preparing parents to support their child at this crucial time.

Email to register your interest:

[earlyhelpdevelopmentteam@wigan.gov.uk](mailto:earlyhelpdevelopmentteam@wigan.gov.uk)

## Support Your Child's Emotional Well Being Transitioning from Primary to High School



**YOUTH CONNECT 5** A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS

## IN THE NEXT ISSUE:

Summer Self-Care  
Online Safety

## NEWSLETTER FEEDBACK

Please scan the QR code to share your feedback.

