

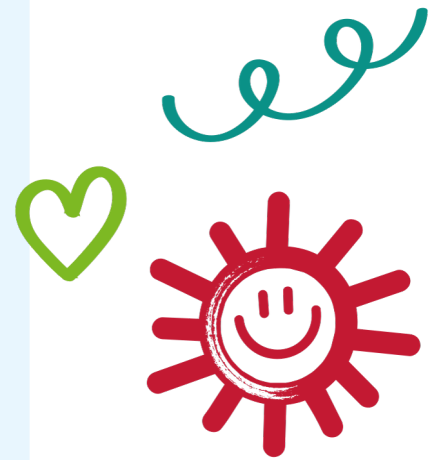
MK MHST Schools & Families Newsletter

June 2026

Welcome

We are pleased to share the first edition of our refreshed newsletter, shaped by your valuable feedback.

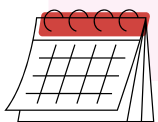
Our aim is to keep schools and families informed about the support we offer, share helpful resources, and strengthen our partnership in promoting children and young people's mental health and wellbeing.



In this edition....



- Your feedback in action – what's changed and what to expect
- And the winner is... our MHST logo competition reveal!
- Meet the MHST – who we are and how we help
- Top wellbeing tips you can start using today
- Upcoming groups & workshops – don't miss out



Your feedback in action – what's changed and what to expect

Thank you to everyone who completed our recent newsletter survey. We really value your feedback, and it has helped us make meaningful changes to improve how we share information and support schools and families.

THANK YOU!

You told us...

Not everyone was aware of the newsletter

It is helpful to get updates about the service

You want to know more about upcoming groups/workshops

We want to know more about how the service can help

We would like parent courses that are in the evening

What you can expect...

- Our newsletter available on the website
- A refreshed website with easier access to support (more updates to come)
- A clear “Who we are & how to refer” guide
- Regular service updates
- Practical wellbeing tips
- Case studies showing how we support families
- Clear information on upcoming groups (including daytime and evening options)

The Winner is...Busy Brain!!

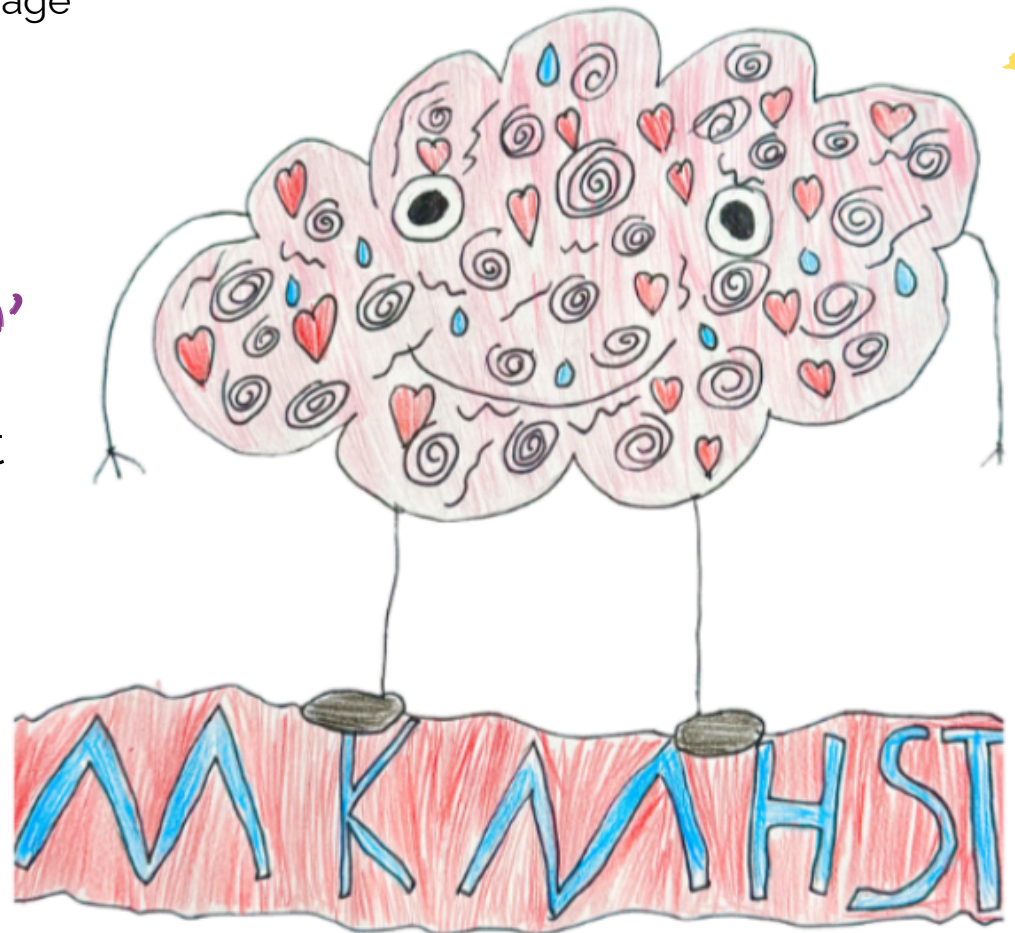


This incredible design was created by Amber, age 10years old.

Named by Amber as...

'BUSY Brain'

or **BB** for short



Amber told us that when she thinks of the MHST and the work we do, she thought a brain would be a good logo with all the emotions inside it.

"I am very excited to be the winner"

Amber's logo is currently with our design team so look out for BB popping up on our website, letters and posters soon.

Meet the MK MHST

Who we are and how we can help

We are the Milton Keynes Mental Health Support Team (MHST), working in partnership with 90 schools across MK to support children and young people with their emotional wellbeing.



Our focus is on early support —helping families and young people before difficulties become more complex. We work closely with schools, parents and carers to provide practical, evidence-based support that makes a difference.

Support for young people

We offer short-term, skills based support for difficulties such as:

- worries and anxiety
- panic
- low mood
- managing emotions
- early onset Tics + OCD

This might be through a group, single session, 1:1 or psycho education workbooks

Support for Parents/Carers

We work alongside parents and carers to:

- build confidence in supporting your child
- share practical strategies that work at home
- offer workshops and groups (including evening options)

Working with Schools

We support schools by:

- providing advice and consultation to staff
- staff training
- delivering groups and workshops for pupils
- promoting a whole-school approach to wellbeing

Please note:

We are not a crisis service.

If you need urgent mental health support, please contact the Urgent Advice Line (0800 023 4650), available 24 hours a day.

Or 111 Option 2.

👉 Turn the page to find out how to refer and what happens next

How to refer

We want to make it as easy as possible for families and schools to access support.



Our process is simple, and our team will guide you every step of the way.

Step 1 - Submit a Referral

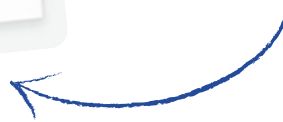
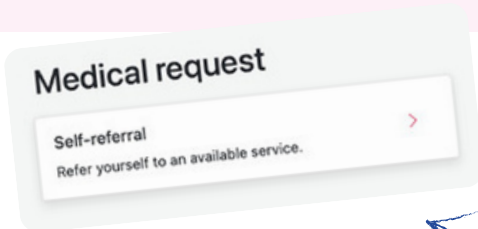
Complete our online self-referral form

Referrals can be made by:

- parents or carers
- young people (age 15+)
- school staff and other professionals
- GP's



You don't need to create an account to refer, just click the self-referral button to get started.



Step 2: Initial Contact

Once we receive your referral:

- Our senior team will review the information
- You will get a letter via text with the outcome. Look out for a text from 'NHS No Reply'.
- For all accepted referrals, we will then be in contact via telephone within 4 weeks.

Unsure?

Not sure if MHST is right for you? Stuck with the referral form?

Get in touch:
give us a call on: 01908 725691
or email: cnwl.mhst@nhs.net

Step 3: Getting the Right Support

We will:

- talk through your child's needs in an initial assessment
- decide together what support would be most helpful

This might include:

- 1:1 support
- a group or workshop
- signposting to other services if needed

If MHST is the right service:

- we will agree a care plan with you
- support will usually take place in school or online

Looking After Wellbeing As we Head into the Holidays



The end of term is an exciting time—but it can also bring big feelings.

Changes in routine, less structure, and time away from friends can feel unsettling for some children and young people.

The holidays are a great opportunity to rest, reconnect and recharge, while building small habits that support wellbeing.

For young people

Keep a simple routine (e.g. sleep, meals, favourite activity)

Spend time with people who make you feel good

Get active—go outside, move your body

Try something new (drawing, cooking, games)

Take time to relax—it's okay to slow down

For parents/carers

Keep expectations realistic (it doesn't have to be perfect!)

Create simple structure in the day

Plan small moments of connection (meals, chats, games)






Allow downtime (for children and yourself)

Notice and celebrate small positives

Try This:

5-4-3-2-1 Calm Technique

A quick strategy to help when feelings feel big.

-  5 things you can see
-  4 things you can feel
-  3 things you can hear
-  2 things you can smell
-  1 thing you can taste

This helps bring attention back to the present moment and can support calm.

Try it together on a walk, at home, or anytime you need it.



Upcoming MK MHST Groups: Summer Holidays

NHS
Central and
North West London
NHS Foundation Trust

Mental Health Support Team

Summer Anxiety Groups

The Milton Keynes Mental Health Support Team (MK MHST) are offering an evidence-based summer holiday groups for children aged 8-12 and their parent/carers to learn practical ways to understand panic and worry, manage anxiety, and build healthy coping skills together.

Scan for more information



Upcoming groups

Scan to refer your child for the group



MK2 AREA
09:30-11:30am
Weds 22nd July
Fri 24th July
Weds 29th July
Fri 31st July

MK10 AREA
12:30-14:30pm
Mon 3rd August
Weds 5th August
Mon 10th August
Weds 12th August

More groups may be added depending on uptake

Young people who attend an MHST-supported school are welcome to join either group, even if they live outside the postcode area.

This NHS service will open a mental health care episode on your child's NHS records. Explicit parental consent will be obtained during the referral process.

Upcoming MK MHST Groups Parent Groups - starting September

We offer a range of evidence-informed parent groups to support families in understanding and responding to their child's emotional and behavioural needs. These groups are offered following an MHST assessment and are delivered online by our clinicians.

Helping Your Child with Fears and Worries

For parents/carers of children aged 5–11 experiencing anxiety, fears or panic.

A practical, evidence-based group to help you support your child's emotional wellbeing and reduce anxiety.

Next groups:

- Tues 8 Sept, 5:30–7:00pm (Zoom, 6 weeks)
- Thurs 5 Nov, 9:30–11:00am (Zoom, 6 weeks)

Positive Parenting (Incredible Years)

For parents/carers of children aged 5–8 with behavioural or emotional difficulties

- Build positive relationships and support emotional regulation
- Focus on praise, routines and clear boundaries
- Strategies for managing challenging behaviour
- Boosts confidence and family connection

Next group:

Autumn Term date/time tbc (Zoom, 8 weeks)

Reflective Parenting

For parents/carers of children aged 5–11 who want to better understand their child's emotions and behaviour. A guided group using CBT and mentalisation approaches to strengthen relationships and support calmer responses.

- Builds understanding of what sits behind behaviour
- Supports parents to pause, reflect, and respond more calmly
- Improves connection and reduces conflict

Next groups:

- Mon 7 Sept, 1:00–2:30pm (Zoom, 8 weeks)
- Mon 7 Sept, 5.30–7pm (Zoom, 8 weeks)

Non-Violent Resistance (NVR)

A new trial group for parents/carers of young people aged 11–14 showing challenging or harmful behaviours.

A structured approach focusing on

- de-escalation,
- strengthening parental presence,
- helping parents feel more in control.

Next group:

- Thurs 10 Sept, 5:00–6:30pm (Zoom, 10 weeks)

Interested in attending?

Make a referral to us now to secure your spot

