

PARENT/CARER newsletter

Welcome to the MHST's NEW parent/carer Newsletter!

The Mental Health Support Team (MHST) provides early intervention and prevention support for children and young people experiencing challenges such as low mood or anxiety. We work closely with schools, families, and communities to promote emotional wellbeing and ensure young people get help as early as possible.

🎧 Listen to our Meet the Team podcasts – hear directly from us about the services we offer and how we can support you and the young people in your care.



Next Podcast Episode:

Supporting your teen
through the new year

ALL EPISODES -
AVAILABLE FREE
ON SPOTIFY



bit.ly/MHSTPodcast

Supporters Forum: Exam Resilience

We run termly Supporters' Forums to hear the views and ideas of carers and families about how we can make changes to our service to better meet their/their family's needs.

Each forum includes:

- ✓ A 20-minute presentation
- ✓ Open discussion and ways to share your views (no need for camera or mic)

Next Topic: Exam Resilience

📅 Tuesday 3rd Feb

🕒 6:15 PM (6:30 start)

📍 Online



For more information &
Booking:

bit.ly/3LgMWaf

Explore our Free Resources

We've created a wide range of **free resources** to support parents and carers in promoting young people's mental health and wellbeing. Through our Linktree (link below) you can access recorded webinars, helpful guides, practical tools, and information on upcoming events. These resources are designed to increase your knowledge and to help you to feel more confident to support the children and young people you care for.

📺 Follow us on social media for updates and upcoming events

linktr.ee/dorsetmhst

