



MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter



"The greatest gift you can give yourself is the gift of belonging" -Shannon L Alder

We commenced February enjoying Children's mental Health Week. This year the theme was "My place". We wanted to continue this theme into spring by thinking about a sense of belonging and explore how this can be nurtured to help your child/young person feel a strong sense of belonging.

Children's Mental Health Week 2026



Children's Mental Health Week is a national annual event to highlight positive strategies to help children & young people develop and maintain good mental health. This year's theme was 'My Place' - helping children feel they belong.

What is Belonging & Why it Matters

Belonging means feeling like you are part of a group, a community, or a place. It is about knowing you have a place where you feel safe, accepted and valued. Belonging is a basic human need and crucial for our mental health and wellbeing.

For children, belonging is especially important as it helps them:

- develop emotionally,
- understand who they are,
- feel safe.

When children feel they belong, they are more willing to try new things, be creative, and make strong friendships.

Belonging vs Fitting in

Sometimes, when children do not feel they belong, they try to "fit in" by changing themselves. This can help them make friends or join groups.

But fitting in is different from belonging. If children have to change who they are or what they believe in, it can hurt their self-esteem and sense of identity.

True belonging allows children to be themselves and feel valued.

Click the heart

for ways to support your child at home!



Here are some things you can try at home:

[Families - Children's Mental Health Week](#)

Here's what we got up to



Last year's festive fun

As we commence the season of Spring we wanted to reflect back on the last year, considering how the MHST belong in your schools. The festive fun we enjoyed and shared within your schools gave us a real sense of belonging as it was a time to come together to reflect, rejoice and make plans for the future. Below are some photos that capture the fun had in one of our schools.



Lawrence View Primary – Christmas Fair
Friday 5th December 2025.
Our Mental "Elf" Jude and Support Worker Wayne, taking a lucky dip from the Happy Notes created by the school Mental Health Ambassadors.



Parent Corner

We all hear the term belonging and you likely have ideas, places and people that come to mind when you consider who/what you belong to, but what does it truly mean to belong?

Belonging is a basic human need and impacts upon our wellbeing, health and relationships. It begins within with positive self-acceptance and is influenced by our connections with others, our communities and our experiences.

When we feel that we belong, it empowers us to contribute to the world and make a real difference. So nurturing a sense of belonging for your child is very important and here are so top tips on how to do this

Spotlight on Belonging



Top Tips for creating a sense of belonging for your child/young person

- FOSTER CONNECTIONS
- EMBRACE/NURTURE YOUR/THEIR HERITAGE
- CREATE FAMILY RITUALS.
- SPEND QUALITY TIME TOGETHER.
- COMMUNICATION IS KEY.

Click on the icons for further information/top tips to create a sense of belonging in your family





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MHST Parent Offer...

Without a Referral:

- Talk to us at Parents Evening Stands
- Children's Emotional Health and Wellbeing Webinar
- Understanding Your Teen Webinar
- Self-Harm Webinar

With a Referral:

- Managing Anxiety with your Child (MAC) Group
- Neurodiversity and Anxiety Parent (ND&A) Group
- Forever Families Group (Positive Behaviour Management)
- Parent Adolescent Relational Training (PART) Group



Activity Ideas to try at Home...

Younger children activities:

- Draw a picture of yourself and write down all the amazing and unique things about you! Ask people you trust like family and friends to add things they like about you!

- Have a look at this art activity on making a map!



Click on the map to look at more instructions.

Older young people activities:

- Create a 'web of connections' to look at who you have for support around you!

Click on the web to watch a video on how to do it!

- Have a think about who supports you and where you feel safe. When was the last time you went there or spoke to them? Make a plan of how to do this again. Example: go to a club you haven't been to in a while, or spend some time with a friend you haven't seen recently!

Feedback

Parent: I just wanted to email you to say thank you so much for all the help and support you've given [my child] over the last few months. It really does seem to have made a difference; she's definitely seemed more settled and calmer and I feel that my relationship with her is much more positive. I really do appreciate everything you've done for her and I know she's found the sessions helpful and supportive too. I'm so grateful to you and your service - I feel lucky that we were able to access it for help.

Parent: [MHST Parent Group] really helped with understanding my child's needs more and validated that I am doing the right thing...we are a lot calmer with her now we have a better understanding of her needs.

Parent: there has been a remarkable change in [my young person] over the last weeks, she is coming out of her shell, being proactive. I am over the moon for her. Thank you so much for everything you have done.



Calendar dates Spring-2026:

20/3/26



International Day of Happiness

2/4/26



World Autism Awareness Day

3/5/26



International Family Equality Day

June 2026



PRIDE month

Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



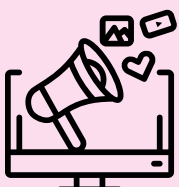
Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



<http://>



bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560

24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies