

## Calderdale Mental Health Support Team (MHST) Spring/Summer 2025



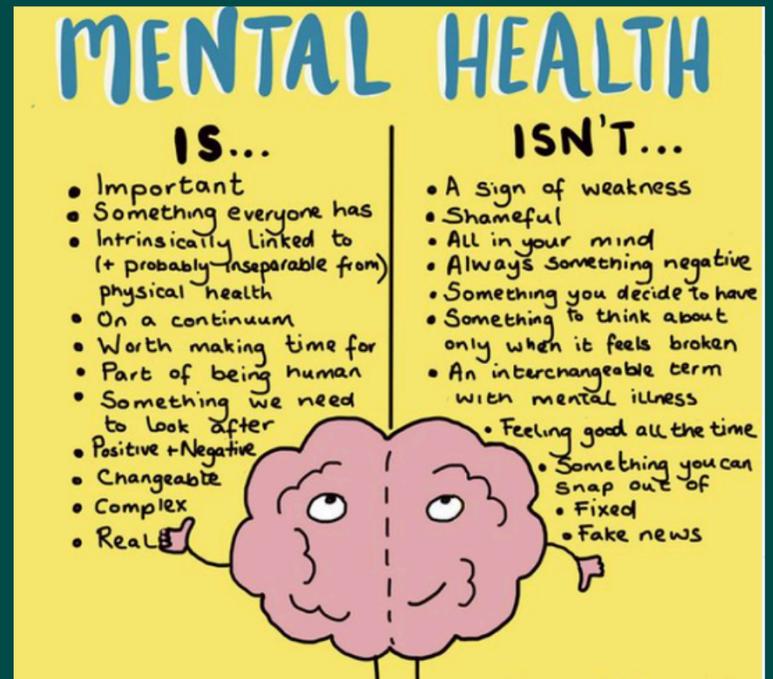
### Welcome to our MHST newsletter

Our aim of the newsletter is to provide our schools, parents, carers and families with a regular update around mental health.

We give an introduction to mental health and how to talk about it with your child. We also provide some helpful hints around transition to secondary school for Year 6.

We all have mental health – it is just as important as physical health.

We hope you enjoy the read, and we welcome any feedback.



[@thepsycologymum](https://www.instagram.com/thepsycologymum)

### What is mental health?

Mental health encompasses our thoughts, feelings, the impact on our physical body, and our behaviour.

Looking after our mental health is just as important as looking after our physical health. Good mental health is part of living a happy and fulfilled life – whether you're 93, 33, or 3 years old!

### How're you feeling?

Feelings come and go, and are a normal reaction to what is happening in our lives. They are always changing, and do not usually hang around for too long.

If overwhelming feelings hang around for a long time, they can affect the way we feel and behave – potentially stopping us from doing what we want to in life. This may be referred to as a mental health challenge.

### Useful resources

[BBC Bitesize: Feelings and emotions \(Primary\)](#)

[Mind: Understanding feelings \(aged 11-18\)](#)

### Feeling seen and heard

Giving children and young people opportunities to open up is one of the biggest things you can do to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard.

Even though you might not be able to fix everything when your child is struggling, you can make them feel seen, heard, and understood. This can support them in feeling more able to cope with day-to-day challenges.

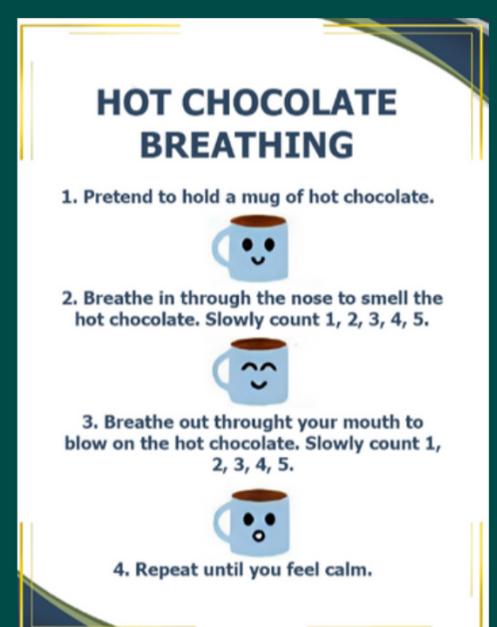
### Where to start

Talking about how they are, how their day has been, and what's on their mind as part of everyday family life shows your child that you're interested and want to listen.

It helps them to practice thinking and talking about their feelings, enabling them to get to know themselves and what they need.

If you feel like you don't know where to start, or when a 'good time' is, or how your young person will react – you can access resources from Young Minds below.

You might be worried about making things worse or saying the wrong thing. Try to remember that your child doesn't need you to always get it right – they just need to know you're there.



Courtesy of Calder High School

# Calderdale Mental Health Support Team (MHST)

## Spring/Summer 2025



### Normalising mental health

Early conversations about mental health help to normalise the topic, reduce stigma and encourage children to seek help when they need it. It creates an environment where children feel safe to explore their emotions and understand that it's ok to not be ok sometimes.

### Top tips for conversations

- Choose the right time and place
- Use age-appropriate language
- Listen more talk less
- Be patient, and Show empathy
- Be reassuring
- Seek professional help if needed



### Useful resources

[Young Minds: How to talk to your child about mental health](#)

[Young Minds: Conversation starters](#)

### Time for transition

Transition from primary to secondary school is an important period in your child's life and development. Let's not forget it's also a big change for you and the wider family. It's a time in your child's life where their mental health can be impacted.

This involves moving to a new school, managing different academic and school expectations, new identity/uniform, building new social connections, dealing with loss of the familiarity of primary school, and navigating hormones and adolescence.

Your child may well be experiencing a range of emotions. Don't assume you know how they are feeling, and check in on your own feelings to ensure your feelings are not a projection of how you think your child might be feeling.

### How can I support my child with transition?

Use our resources to have open and honest conversations about how your child feels. This can help you surface, and problem solve any challenges.

Our supporting [transition parent workshop](#) offers helpful hints and tips.

### Collaboration with school

Speak to your school about plans for transition. Every MHST school will be offered a class 6 transition workshop and parent drop-in to discuss questions about the video.

We look forward to working with you and your child in school to make transition an exciting time.

### How can I access support?

You can speak to your school in the first instance about any mental health concerns you have about your child. If you are a Mental Health Support Team (MHST) school, with your consent, the school can discuss your concerns with one of our practitioners.

Alternatively, you can contact our First Point of Contact during office hours on 01422 300 001 Monday to Friday 9am-5pm.

If your child is in crisis, you can contact the Calderdale and Kirklees Mental Health and Crisis helpline on 01484 343763 8am-8pm 7 days a week.

You can contact confidential support line, Night Owls, between 8pm and 8am.