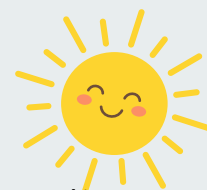


PARENT/CARER Summer newsletter



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.



ALL EPISODES -
AVAILABLE FREE
ON SPOTIFY

bit.ly/MHSTPodcast



Support over the summer

We know the summer holidays can bring both fun and challenges for families, especially when balancing work, childcare and family life. Following feedback from local families at our Supporters Forum, the MHST has created a Summer Support Leaflet packed with practical tips, activity ideas, and links to local and national support services. Whether you're looking for wellbeing advice, parenting support or useful resources, this leaflet includes recommendations from local families to help you feel more supported over the summer.

Free Parent/Carer pre-recorded webinars

The MHST has a range of free pre-recorded webinars available for parents, carers and supporters of children and young people.

Topics include sleep, emotional regulation, school attendance, autism, parenting support and transition to secondary school. Access your chosen webinar by completing the online form here:

[Webinar access form: bit.ly/4wAOCxo](https://bit.ly/4wAOCxo)



<https://bit.ly/4fgyZEm>

Free resources:
linktr.ee/dorsetmhst



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