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23rd April 2025

Dear Parents / Carers

## **Bucks Mental Health Team Partnership with GMS**

To help support the Mental Health of our young people, Great Marlow continues to work with the Bucks Mental Health Support Team and is an MHST school. In the past MHST have delivered sessions to parents on a variety of topics which have been very well attended and from feedback much appreciated. Please click on the link below to enable you to sign up for the summer term session on Self Harm.

MHST supports young people who have emotional wellbeing difficulties, including anxiety and low mood, confidence, and self-esteem issues. They provide evidence based therapeutic support both individually and in groups to young people and parents.

MHST offers training to school professionals to help them identify mild to moderate mental health and emotional wellbeing difficulties in their students. We offer workshops on supporting students in school who are showing anxiety, low mood, self-harm, and other mental health difficulties.

Working in partnership with Buckinghamshire Council, the team consists of Education Mental Health Practitioners, Youth Workers, and Family Workers. The Bucks Mental Health Support Team works with several education providers including primary schools, secondary schools, special schools, post 16 higher education and pupil referral units.

## Session 4 – Self Harm

Wednesday 30<sup>th</sup> April 2025 – 6pm

Session 4 - Self Harm

We hope you will find the presentation helpful and look forward to seeing you there.

**Sheryl Paul** 

**Mental Health Lead**