



Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

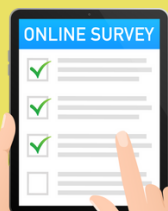
Issue 13: November 2025



Click the logo above to **follow us on eventbrite** and stay up to date with our upcoming events and parent workshops. Please encourage parents and carers to follow us too!



Click the logo above to access the **MHST Padlet** for useful information, signposting, referral forms, and previous issues of the newsletter.



Click the image above to share your feedback on the MHST newsletter. We'd love to hear your ideas and suggestions!

Welcome to the latest issue of the MHST newsletter! In this issue we have a fantastic feature written by the Mental Health Ambassadors at Lowton High School. They offer an insight into what it means to be an ambassador and the brilliant work they have carried out in their roles. We also revisit the Five Ways to Wellbeing and look at how giving to others can improve your wellbeing. As we move into the winter months and look ahead to Christmas, we have also included some handy tips and advice on how to cope over the festive period. We will also introduce you to our wonderful new trainee, Joanne, who we are thrilled to have with us.



This issue also includes our regular features highlighting upcoming mental health events, useful signposting, and whole school approach activities being offered by Wigan MHST. Please continue reading below for an important message regarding the urgent mental health line.

Please be aware that following the roll out of **NHS 111 Mental Health**, the 0800 helpline for urgent mental health support will close on 3rd November 2025.

24/7 urgent mental health support can now be accessed by **dialling 111 and selecting option 2 for mental health**. This helpline is open to all ages. Please advise all school staff and update your safety advice accordingly.

For further information on **NHS 111 Mental Health** and additional information regarding urgent mental health support, please visit the following website:

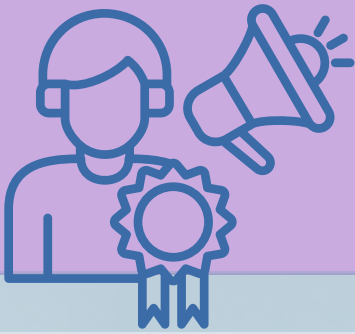
<https://www.gmmh.nhs.uk/urgent-help>

THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Anxiety Workshops
- Stress Workshops
- Five Ways to Wellbeing Assemblies

Contact your school's allocated practitioner to find out more.

MENTAL HEALTH AMBASSADORS



SPOTLIGHT ON LOWTON HIGH SCHOOL
WRITTEN BY YEAR 9 AMBASSADORS

WHO ARE WE?

AS MENTAL HEALTH AMBASSADORS OUR ROLE IS TO HELP PEOPLE WITH THEIR MENTAL HEALTH AND WELLBEING. WE TRY TO UNDERSTAND HOW OTHER YOUNG PEOPLE FEEL AND ADVISE THEM ON WHERE THEY CAN GET SUPPORT IN AND OUT OF SCHOOL.

WHY ARE AMBASSADORS IMPORTANT?

WE HAVE TAKEN ON THIS ROLE SO PEOPLE DON'T FEEL LONELY. WE CAN BE A ROLE MODEL TO YOUNGER PEOPLE AND THEY'RE MORE LIKELY TO TALK TO THOSE IN THEIR AGE GROUP RATHER THAN ADULTS. THERE ARE LESS STUDENTS BOTTLING UP THEIR EMOTIONS AND MORE GETTING HELP WHO MAY HAVE BEEN MISSED BY TEACHERS.

WHAT DO WE GET OUT OF IT?

WE FEEL GOOD WHEN HELPING OTHERS AND IT INCREASES OUR CONFIDENCE AND COMMUNICATION SKILLS. WE RECEIVE RECOGNITION AND HAVE A SENSE OF BELONGING BY BEING PART OF A VALUED TEAM. WE ARE ALSO ABLE TO BUILD STRONGER RELATIONSHIPS AND GAIN EXPERIENCE WHILST MAKING A DIFFERENCE.

WHAT HAVE WE DONE SO FAR?

- ASSEMBLIES – COPRODUCED AND DELIVERED TO YEAR 7, 8 AND 9 FOR WORLD MENTAL HEALTH DAY
- TRAINING DELIVERED TO NEW AMBASSADORS
- REGULAR MEETINGS TO PROMOTE MENTAL HEALTH
- DESIGNED POSTERS ABOUT US AND WHAT WE DO
- COORDINATED A SECRET ACT OF KINDNESS MISSION
- RAN A MENTAL HEALTH TEA & TALK DAY

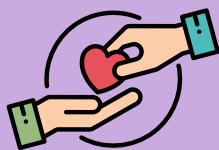
WHAT WE'VE NEEDED TO BE SUCCESSFUL:

- SUPPORT FROM STAFF!
- REGULAR MEETINGS
- ROOM ACCESS
- TRAINING FROM MHST
- A PLATFORM TO SHARE OUR VOICES



THE FIVE WAYS TO WELLBEING

GIVE TO OTHERS



RESEARCH SUGGESTS THAT ACTS OF GIVING AND KINDNESS CAN HELP IMPROVE YOUR MENTAL WELLBEING BY: CREATING POSITIVE FEELINGS AND A SENSE OF REWARD, GIVING YOU A FEELING OF PURPOSE AND SELF-WORTH, HELPING YOU CONNECT WITH OTHER PEOPLE.

MAKING A
CUP OF TEA
FOR A
COLLEAGUE

IS THERE ANYTHING YOU CAN DO
TODAY, TO BE KIND OR HELPFUL
TO SOMEONE ELSE?

YOU COULD TRY:

SAY THANK
YOU TO
SOMEONE

OFFERING TO
HELP A
COLLEAGUE WITH
SOMETHING
THEY'RE STUCK
ON

BAKE TREATS
AND SHARE
THEM
WITH FRIENDS

WRITE
POSITIVE
REVIEWS FOR
LOCAL
BUSINESSES

INTRODUCING
YOURSELF TO A
NEW-STARTER,
TO HELP THEM
FEEL MORE AT
EASE



HELP SOMEONE
YOU KNOW
WITH DIY OR
A WORK
PROJECT

SUPPORT A
LOCAL CHARITY
WITH A
DONATION



THE FIVE WAYS TO WELLBEING:

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

BE
ACTIVE

DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP
LEARNING

EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

Give

Your time,
your words,
your presence

WHOLE SCHOOL APPROACH SPOTLIGHT

ANTI-BULLYING WEEK

MONDAY 10TH - FRIDAY 14TH NOVEMBER.

Bullying can have a significant impact on mental health, leading to increased anxiety, low mood, and low self-esteem.

We can offer assemblies which discuss the link between bullying and mental health, focussing on how practising kindness to others, and to ourselves, can lead to improved mental wellbeing and self-esteem.

Speak to your allocated practitioner to find out more.



MEET OUR NEW TRAINEE!



Hello! My name is Joanne, and I am delighted to be joining the team as a Trainee Education Mental Health Practitioner at Wigan MHST.

I love supporting young people and their families and I have spent over 30 years working in schools as a class teacher, Deputy Head and safeguarding lead. These roles have given me an insight into the way that mental health can affect both learning and wellbeing. I'm excited to complete my training so that I can find out about even more ways to help young people become happier and healthier.

When I'm not working, I enjoy walking in the parks near where I live. I love reading and my nickname used to be "Bookworm". I live with my family and my cat called Pebbles who spends most of the day snoozing in my wardrobe!

I'm really looking forward to the opportunity of being able to work closely with even more young people and school staff and I can't wait to start working with you all.



COPING OVER THE FESTIVE PERIOD

Christmas is often referred to as the most wonderful time of the year. However, for some, Christmas can bring about its own challenges. It's quite common for people to struggle with Christmas for many different reasons; whether they're struggling with loss, uncertainty, change in routine, worries about food or difficulties in their relationships. Here are some strategies to help young people look after their wellbeing at what can be an overwhelming time.

STICK TO SIMPLE ROUTINES

Routine can become a stranger at Christmas time, and this can become unsettling and confusing, particularly for those who are neurodiverse. If this is distressing for young people, encourage some basic routines to add some normality. For example, sticking to the same bedtime, or waking up at the same time everyday. Perhaps, the same morning or bedtime routine. This can create some stability. Whilst Christmas is a time of tradition, there is nothing wrong with bypassing some of these if it makes the Christmas period easier. For example, if Christmas dinner is distressing, there is no rule that says you can't have chicken nuggets and chips!

PLAN AHEAD AND COMMUNICATE

Young people might find it helpful to have a conversation with family, letting them know what they find difficult about the Christmas period, so that the family can plan ahead together, anticipating any barriers and problem solving in advance. This can help alleviate stress or conflict. Young people may find it helpful to agree on an emoji which they can send to their caregivers via text if they are struggling.

FOCUS ON THE PRESENT, NOT THE PRESENTS!

Young people can practise breathing, distraction or grounding techniques to help calm their fight, flight, freeze response. Christmas can be very fast paced and chaotic at times, so this can help young people to slow down and recognise that they are safe in that moment.

SELF-KINDNESS

Christmas is a time for giving and kindness, and this includes being kind to yourself too. Encourage young people to take some time for themselves to recharge and do what makes them happy.

AVOID SOCIAL MEDIA

Social media will tell you that you need matching pyjamas, a room piled with presents, a picture perfect living room and instagrammable Christmas market photos to have the perfect Christmas. Comparing ourselves to others on social media can have a negative impact on our mood and set unrealistic expectations. Remind young people that social media doesn't tell the whole story, or encourage them to stay away from social media over the festivities if you notice that it has a negative affect on their mood.

You could encourage your young people to make a self-care stocking, filled with their favourite things to help comfort and ground them if they are feeling overwhelmed. Sensory items can help them complete the 54321 grounding technique.

EVENTS



CHECK OUT THIS HALF TERM'S IMPORTANT
MENTAL HEALTH AWARENESS EVENTS



5TH NOVEMBER 2025

STRESS AWARENESS DAY

Stress Awareness Day aims to raise awareness of the impact of stress on mental and physical wellbeing. It is important for us to be aware of the signs and symptoms of stress so that we can take active steps to manage this and prevent burnout.

Top Tip: The Eisenhower Matrix can be a useful tool to help you prioritize tasks and effectively manage stress.



STOP
BULLYING



10TH-14TH NOVEMBER 2025

ANTI-BULLYING WEEK

The theme for this year's Anti-Bullying Week is **Power for Good**, which aims to encourage young people to speak up when they see bullying happening face-to-face or online.

For further information and resources to help your school support Anti-Bullying Week, visit the [Anti-Bullying Alliance website](#).



13TH NOVEMBER 2025

WORLD KINDNESS DAY

This World Kindness Day it's important to reflect on both the kindness we show to others and the kindness we show to ourselves. Why not engage in random acts of kindness, pay someone a compliment, or simply repeat positive affirmations to yourself. Spread positivity and watch your mental health flourish! Visit the [BBC Bitesize website](#) for more information.



PARENT WORKSHOPS



PLEASE ENCOURAGE PARENTS AND CARERS TO [CLICK HERE](#) TO
BOOK TICKETS FOR OUR PARENT WORKSHOPS

OUR NEXT ROUND OF WORKSHOPS WILL BE OFFERED DURING
THE FEBRUARY HALF-TERM

SIGNPOSTING SPOTLIGHT



THIS WORK IS INTENDED TO
SUPPORT PROFESSIONALS TO BEST
MEET THE NEEDS OF YOUNG
PEOPLE WITHIN A SYSTEM THAT IS
OVERWHELMED

BARRIERS TO EDUCATION
WEBSITE



'MOST CHILDREN
WHO ARE OUT OF
SCHOOL WOULD PREFER TO
BE IN SCHOOL'



THE
WARMTH
FRAMEWORK:

FOCUSES ON 6 KEY AREAS TO
ENABLE YOUNG PEOPLE TO FEEL
SAFE, A SENSE OF BELONGING
AND FOR THEIR NEEDS TO BE
MET; WITH INCREASED
ENGAGEMENT IN LEARNING AND
SCHOOL ATTENDANCE BEING A
BY PRODUCT OF THIS

BARRIERS TO EDUCATION WAS
INSPIRED BY THOUSANDS OF
ACCOUNTS GIVEN BY YOUNG
PEOPLE AND THEIR FAMILIES, ALL
OF THEM WANTING AND DESERVING
OF A MEANINGFUL EDUCATION BUT
EXPERIENCING SIGNIFICANT
BARRIERS TO THIS



IN THE NEXT ISSUE:

OCD

Phobias

