



September 2026

MHST NEWSLETTER for SCHOOLS

Welcome to our new MHST newsletter!

It's an incredibly exciting time for the Mental Health Support Team, with lots of positive changes taking place across the service. As we continue our expansion into secondary schools, we are also embarking on our biggest MHST recruitment drive yet, welcoming new colleagues and growing our teams across Cornwall and the Isles of Scilly. This next phase marks an important milestone in our journey, bringing us closer to our ambition of providing MHST support to 100% of schools across Cornwall and the Isles of Scilly over the coming years. We're really looking forward to sharing our progress, celebrating our growing team and keeping you updated as the service continues to develop.

MHST Team Updates

Penwith & Isles of Scilly

We welcomed our interim team manager Lyndsey Wilde in April, who was suitably introduced to the team with chocolate cake made by our talented team member Seren. We are excited to have some new trainees joining the Penwith team in September, as we have 2 of our team moving within service. We congratulate Maeve in her role as a EMHP supervisor, and Anna in her team move to support the Kerrier secondary school expansion. We are sure the schools you have supported over recent years, alongside us as a team, will thank you for your work in Penwith and wish you the best moving forward. We look forward to our continued work alongside your school communities over the next academic year.

Kerrier

Lyndsey Wilde joined the team in April as our new team manager alongside bringing the exciting news of our roll out into secondary schools within the Kerrier locality from September, expanding the accessibility of children and young people to the MHST. To support this expansion, we welcome four new trainee EMHPs to our team: Charlene, Kelly, Matilda and Hannah, alongside two new supervisors Maeve and Emma (who you may have met before as they were two of our EMHPs previously). You may see their faces, alongside our existing EMHPs you've come to know, within your schools over coming months as they start to make their introductions. All the team are excited to continue working alongside current schools and expand the service into more education settings. We have spent time training and prepping behind the scenes, whilst continuing our work within primaries and are raring to go this term!

Restormel

The Restormel MHST team has been busy expanding and enhancing its offer across the area. We are delighted to have achieved 100% coverage of secondary schools within Restormel, marking a significant milestone for the service. Alongside this success, we continue to strengthen our presence in special schools, APA, and college settings. Staff are working closely with educational partners to develop and deliver CBT interventions, whole-setting approaches, and targeted college support. As our service continues to grow, we are progressing towards full coverage across primary, secondary, special school, and college settings throughout Restormel. This year has also seen the celebration of staff internal promotions and the welcoming of new colleagues to the team. These achievements reflect the expertise and commitment of our staff, who work hard to support children, young people, and schools across the area. We are incredibly proud of everything they continue to accomplish.

Carrick

The Carrick MHST team is now two years old, having launched in September 2024. Over the past two years, we have been extremely proud of the progress we have made and the strong relationships we have developed with our schools. We are delighted to have engaged with all of our primary schools across the area, with only two primary schools yet to formally sign up to the service. Recently, one of our EMHPs, Emma was successfully promoted internally and has moved on to join the Kerrier team. We are pleased to therefore welcome Lisa to the team at the end of September as a Trainee EMHP, and we will also be joined by an additional Support Worker in the coming weeks to support us while Becky is on maternity leave. We are incredibly grateful for the support, collaboration, and commitment shown by our schools over the last two years. As a team, we are excited about the year ahead and look forward to continuing to work together to support the mental health and wellbeing of children and young people across Carrick.

Upper Tamar

We're thrilled to share some exciting news from East Cornwall and the Upper Tamar Team! This term marks a big step forward as we expand our work into local secondary schools, building on the strong foundations we've created in primary settings. Alongside this move, we're delighted to welcome a fantastic group of new practitioners to our team. Each brings a wealth of experience, fresh ideas, and a shared passion for supporting the wellbeing of young people. Over the coming weeks, they'll be getting to know staff, students, and families, and working closely with schools to provide early help and practical strategies for mental health and emotional wellbeing. We're looking forward to strengthening our partnerships, offering more targeted support, and continuing to make a positive difference in the lives of the young people we serve.

Caradon

We are excited to share some wonderful updates from our Caradon team, some of our team members have celebrated significant personal milestones, including weddings and the arrival of babies. We are delighted to welcome several new members to the Caradon team, their expertise and energy are already positively impacting our work and client support. With these additions and milestones, the team continues to grow stronger and more resilient. We remain committed to providing exceptional mental health support to our community and look forward to another year of collaboration, care, and continuous learning.

Our impact:

2,721

Children and Families have received MHST support between September 2025 and September 2026 via 1:1 or small group work

468

Parents have received support between September 2025-September 2026

Signposting and Resources

The MHST works in partnership with many other organisations. Please see some useful signposting and resources below:

Kooth | Visit [kooth.com](https://www.kooth.com)

For young people aged 10-18 years.

Online chat open until 10pm every night.

Childline | Call 0800 111 (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

Mental Health Response Line

Call 0800 038 5300 (free) Open 24 hours a day, 7 days a week.

CRISIS Text Service | Text SHOUT to 85258

Open 24 hours a day, 7 days a week.

LGBT+ Helpline

Confidential support for LGBTQ+ people looking for someone to talk to about anything, including mental health and suicide.

- Call 0800 0119100
- [Chat available from 15:30](#)
- Email hello@switchboard.lgbt



MHST School Review feedback

An overview of feedback received following school review meetings during Summer Term 2026

- Strong partnership working between schools and MHST.
- Practitioners viewed as trusted members of school communities.
- Positive impact of both 1:1 and group interventions.
- High value placed on consultation, advice and signposting.
- Parent workshops and whole-school approaches seen as very beneficial.

Wild Wellbeing



This summer we ran our Wild Wellbeing sessions across a number of sites in Cornwall and we worked in partnership with organisations, including the National Trust, Natural England and gardeners from The Community of Plants and Trees and Gardeners' House.

Feedback from a parent who attended:
"We love coming to Golitha. We usually come for a picnic and a walk around. We thought it would be nice to come and get some good tips on how to cope with different emotions using nature. The next time we come we can do these things by ourselves."



Please keep an eye out for any upcoming holiday offers!



Contact Information

MHST

To contact MHST please email cft.mhstadmin@nhs.net or call on 01726 873204 and we will be able to put you in touch with one of our practitioners or area Team Managers

"Really happy and feel that great progress was made"

1:1 Work, feedback from a Parent of a secondary school aged young person

Positive Feedback!

"Its been fantastic and really helpful to myself and my family unit "

Parent of a primary school aged child completing 1:1 work

"An invaluable service that has made a marked difference to our children across all classes."

School feedback

"IT WAS SUPER FUN!"

1:1 Work, feedback from a Child in age 9-11 category

Thank you for reading and take care, MHST

