

Who is your Education Mental Health Practitioner

Your assigned school EMHP is called James and he works within your school on Friday. He can be found in the conference room or you can speak with your schools designated mental health lead who can pass on information.

What work will be carried out?

- My work is CBT informed and I give practical strategies to help with anxiety, depression and behavioural issues.
- 1:1 direct work with children aged 8+ with mild to moderate mental health over a course of 6-8 weeks
- Parent-led work under 8 for children with anxiety or behavioural issues.
- Whole school approaches such as whole class work, group work, sharing information and collating resources e.g. transition, resilience etc
- Group or direct 1:1 work with parents and carers

