

Mental Health Support Team

Hello! I'm Ella, and I'm your school's
Education Mental Health Practitioner (EMHP).

I work for the **Mental Health Support Team (MHST)**, which is a partnership between the NHS and OTR (Off The Record). We are an **early intervention service** that focuses on supporting young people's mental health and wellbeing needs.



How I'll be supporting your school

- Working with children or parent/carers on a **1-1 or group basis** to deliver **Low Intensity Cognitive Behavioural Therapy (CBT)**. I can work with children who have anxiety, low mood or other struggles related to their mental health and wellbeing.
- Supporting the school to deliver a **whole-school approach to mental health**. This means engaging the entire school community by delivering workshops for pupils, staff, and parents, leading assemblies, developing resources, hosting parent coffee mornings, and lots more!
- **Signposting** to appropriate organisations and services for further support.

If you have any questions about this service, please contact the school's Mental Health Lead.



Some of the things we can help with

Fears or phobias (e.g. dogs, spiders, monsters under the bed)

Difficulties with behaviour

Feeling sad or low

Struggling to manage big emotions

Avoiding places or activities

Feeling anxious or worried

Becoming irritable or frustrated more easily

Feeling nervous about school

How can you access us?

If you think our service is the right fit for your child, speak to their class teacher or go directly to the school's Mental Health Lead (MHL), who can then make a referral to our team.

OR

If you would prefer not to speak to a member of staff directly, scan the QR code below to complete a **self referral** form.



We will then meet with the MHL or review your online referral. Even if we are not the right service for your child, we will still help your school think about what options may be helpful.



If LI-CBT is suitable, you or your child will start working with me.



Scan the QR code to access our self referral form!

