

INSIDEOUT

Mental health support team

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

Education Mental Health Practitioner (EMHP)

Who are EMHP's and what can they support with?

EMHPs are a new addition to the Children and Young People's mental health workforce and will be a key part of the InsideOut Team in school. EMHP's will work in schools to provide early intervention mental health support for children and young people. EMHP's also work with schools to help support in identifying and managing difficulties relating to mental health and wellbeing.

EMHPs can provide low intensity, evidence-based interventions for children and young people experiencing mild to moderate needs and referring onto specialist support where needed. Appropriate referrals may include children and young people who are experiencing difficulties with:

Anxiety * Panic * Low Mood * Phobia
Behaviour * Emotional Literacy * Fears * worries

What types of support can an EMHP provide?

EMHPs are specialists in assessing and supporting with depression and anxiety. They are also focused on working closely with schools to understand their individual needs. Requests for support will come from the school to the InsideOut team via regular in-school meetings. This support could be provided through:

1:1 sessions * Group support * Staff Workshops & Training * Parent consultation
* In-School Awareness Raising/Promotion * School Assemblies *

What should I expect from EMHP support?

EMHPs will provide an initial 1-hour session to assess suitability for the InsideOut team. They will gather information relating to difficulties and need, in a brief and age sensitive way. If the support the EMHPs can provide is deemed appropriate, they will offer 6-10 sessions to be held weekly, lasting up to 1 hour each, focusing on CBT based approaches for Low Mood and Anxiety.

EMHPs will signpost children, young people, and their families on to a more relevant service if needed. EMHPs have an in-depth knowledge of existing services available within the InsideOut team, the schools and in the wider community. EMHPs also work in close partnership with NHS Mental Health provision should this be deemed more appropriate support.

How to contact us

We need your support to shape the best care! Your feedback will help shape a service that benefits the wellbeing of children and young people. If you would like to have your say, or have any other questions please contact us on the details below:

Email: info@insideoutmhst.co.uk

Tel: 01642 505580 (Option 3)

