

## REQUEST FOR SUPPORT

If you think a child or young person would benefit from some support from an EMHP, they will need to have an initial assessment to assess if low intensity CBT is the most appropriate approach.

School staff can complete a request for help form and the Mental Health Lead will review and send to the MHST.




## CONTACT US

For further questions regarding the Mental Health Support Team please contact:

**Mental Health Support Team  
Somerset NHS Foundation Trust**

 [spn-tr.MHSTSomerset@nhs.net](mailto:spn-tr.MHSTSomerset@nhs.net)

 **01823 368481**

**MENTAL  
HEALTH  
SUPPORT  
TEAM**

**IN SCHOOLS**



## WHO ARE WE?

An Education Mental Health Practitioner (EMHP) is a new role created to increase access to specialist mental health support.

The EMHP will deliver evidence-based early interventions for children and young people with mild to moderate mental health difficulties in educational settings.

The EMHPs will play a key role in promoting emotional wellbeing in educational settings. They will work as part of the new Mental Health Support Teams as outlined in Transforming Children and Young People's Mental Health Provision: a Green Paper (2017).



## WHAT DO WE DO?

### 1-1 Low Intensity Cognitive Behaviour Therapy

Cognitive Behavioural Therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.

CBT is delivered over 6-8 sessions of 1 hour, at a time convenient to the child/young person. Sessions are normally delivered within school settings. We provide parent/carer interventions for primary age children.

Evidence suggests that CBT is an effective treatment for:

- Low mood
- General Anxiety and worries
- Phobias
- Social Anxiety
- Panic disorders
- Separation Anxiety
- Health Anxiety
- Mild OCD

## OTHER THINGS WE DO...

### Consultancy

Consultation will offer the opportunity for staff members working at the school to arrange an appointment to talk to an EMHP about any child/young person who attends the school.

The aim of consultation is to support the school in becoming a more mentally healthy environment in line with a Whole School Approach to mental health. To book an appointment please contact your schools' Designated Mental Health Lead.

### Staff CPD & Psycho-education

EMHPs can also deliver psycho-education sessions for staff INSET days/ staff training in partnership with the Mental Health Support Team. Schools will also be encouraged to take part in the Somerset Wellbeing Framework to embed a Whole School Approach to wellbeing and mental health.