

# What would I do with my EMHP?

Each EMHP has lots of different tools that can help you.

Below are some things you might do with your EMHP:

- The first session is about getting to know you and the main areas that you would like support with
- Then your EMHP will discuss different evidence-based options for you. This may be to undertake a course of therapy with us called low-intensity Cognitive Behavioural Therapy (LI-CBT)
- Each session you will explore and consider techniques and ways to manage emotions you are finding difficult, how to work with worries, overcome anxiety, challenge negative thoughts or boost your mood.

## How can you access us

You can speak to a trusted member of staff in school and with your consent, we'll speak with your school about how best to help you

You can self-refer by contacting us and asking for a service request form or request this from a staff member at your school.

Children &  
Family Health  
Devon

NHS

# Mental Health Support Team in Schools

A new early intervention service providing evidence based mental health support to children and young people experiencing common mental health difficulties.

## Get in contact with us

e: [cfhd.mhstadmin@nhs.net](mailto:cfhd.mhstadmin@nhs.net)

t: 01392 386 825

NHS

Devon Partnership  
NHS Trust

# Mental Health Support Team in Schools

A new early intervention service providing evidence based mental health support to children and young people experiencing common mental health difficulties.

Our Mental Health Support Teams (MHST) are trained to provide 1:1 and group support in education settings for children and young people experiencing anxiety, low mood and other issues with their emotional wellbeing and mental health.

I'm nervous about exams

I'm feeling low

I'm struggling with my behaviour

I'm having trouble with my emotions

I'm anxious

I'm worried

## What is a Mental Health Support Team (MHST)?

An **MHST** is a trained team comprised of Clinical Team Managers, Supervisors and Educational Mental Health Practitioners (**EMHPs**) who work with schools to support young people who are struggling with their thoughts and feelings.

## How can we help children and young people?

- We work with you on a 1:1 or group setting in secondary schools
- In primary schools, we can work 1:1 with you or with your parents and carers
- We work to deliver a "whole-school approach to mental health", which means we work in partnership with the entire school, co-delivering group workshops, training, creating resources and lots more!