



Hello, I am Hayley, an Education Mental Health Practitioner (EMHP) based at Parklands Lets Educate Together primary school every Wednesday afternoon during term time. I work as part of a wider group of professionals in a Mental Health Support Team (MHST). The MHST is a new service in North Somerset with the aim of improving mental health support for children and young people (ages 5 – 18 years) across education settings. We offer early intervention and signposting and work closely with Children and Adolescent Mental Health Services (CAHMS), Primary Mental Health Specialists and the school nurse team.

For more information on the MHST please visit: [Mental Health Support Team - OTR - North Somerset \(otrnorthsomerset.org.uk\)](http://otrnorthsomerset.org.uk)

As an EMHP, I am trained to offer support to children and young people for mild to moderate mental health difficulties. I use evidence-based interventions called low intensity Cognitive Behavioural Therapy (LI-CBT). The interventions help to tackle the challenges and emotional wellbeing needs that children and young people experience, by helping them to feel more resilient, arming them with techniques to look after themselves, and providing strategies to help them cope better with life's ups - and - downs. This is in keeping with the recommended treatment for depression and anxiety in children from the National Institute of Health and Clinical Excellence (NICE).

Some of the areas that an EMHP can support with are:

Managing worry

Exam stress

Low mood

Emotional dysregulation – for example, anger management

Overwhelming emotions

Transitions, such as a change in routine, like moving up to secondary school

Self – esteem

Friendships

To make a referral into the MHST, please speak with a member of the school staff or directly with the designated mental health lead, Miss Natalie O'Rourke. You can also make a referral directly into the MHST by forwarding an email addressed **Attention of Hayley Welton**

to: awp.mhstnorthsomerset@nhs.net



Where else can you get help?

- Any adult in school or at home you can trust
- Family and friends
- Sirona care & health School Nurses
- ChildLine 0800 1111
- Childline
- Young Minds Website YOUNGMINDS
- Kooth Age 11 and up

[North Somerset – Sirona care & health NHS services \(sirona-cic.org.uk\)](http://sirona-cic.org.uk)

[Kooth- Online Counselling & Wellbeing Support for young people in North Somerset aged 10-18+ | North Somerset Online Directory \(n-somerset.gov.uk\)](http://n-somerset.gov.uk)

[Childline | Childline](http://childline.gov.uk)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](http://youngminds.org.uk)