

# Meet Your Educational Mental Health Practitioners (EMHPs)...



## Natalie



## Katie

We'll be in school every Tuesday afternoon as part of the South Bristol Mental Health Support Team (MHST).

Part of our role is to offer early intervention support to children with mild-moderate mental health difficulties such as anxiety or low mood, using low intensity cognitive behaviour therapy (CBT). We do 1-1 sessions with children, parents or carers which can last for 6 – 8 weeks. Please discuss with Suzanne Nelson if you would like to discuss referring your child.

Another part of our role is to support with the whole school approach to emotional wellbeing and mental health; this could include, assemblies, wellbeing groups for children, parent/carer workshops, class sessions or staff wellbeing.

If you have any questions please ask a member of staff; if you want to find out more about the new Mental Health Support Team please click on the following link: [www.otrbristol.org.uk/what-we-do/mhst/](http://www.otrbristol.org.uk/what-we-do/mhst/), or if you see me around the school please come and say hello.

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