

Mental Health Support Teams in Schools

What is a Mental Health Support Team?

- We provide mental health support in schools in West Essex
- We are funded by NHS England
- We offer 1:1 interventions with parents of children struggling with behavioural difficulties at home, and anxiety
- We offer group interventions and workshops for parents and for children
- We also help to break the stigma around talking about mental health

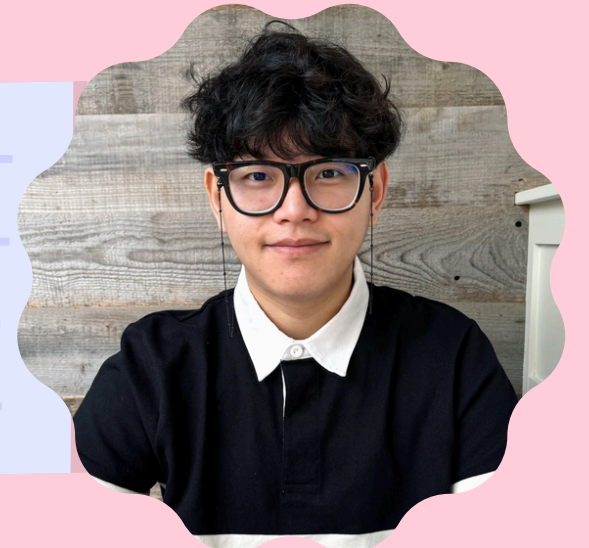
Inclusion Criteria (1:1)

- Child/Young Person aged 5 – 11 (or parent/carer of);
- Mild to moderate anxiety, including phobias and panic disorder;
- Mild to moderate presentation of Challenging Behaviour; in the family home not in the classroom.

Your EMHP

Dev Gurung

Educational Mental Health Practitioner (EMHP)



Are you a parent/carer looking for effective ways to help your young person navigate anxiety and manage big emotions?

In **primary schools** we work directly with parents/carers

Evidence-based interventions, based on Cognitive Behavioural Therapy (CBT)

Support in a confidential space in school over 4 to 8 weekly sessions lasting up to an hour

Practical strategies to help manage anxiety and emotional challenges

Helping young people develop coping strategies and take charge of their well-being

Extra Support (Groups/Workshops)

- Anxiety (parents and child)
- Challenging behaviour (parents and child)
- Emotional regulation (parents and child)
- Building positive relationships
- Moving to Secondary School
- Mental health awareness
- Workshops focused on Mental Health and Wellbeing

To take the first step and find out more, contact the mental health lead in school or email mhstadmin@mindinwestessex.org.uk