



Your Schools Education Mental Health Practitioner(EMHP)

About Me:

Hello, I'm Sue and I work as a EMHP in the Mental Health Support Team helping support your school and increasing the support and information you can access in school.

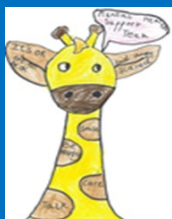
Things I do:

- Offer confidential 1:1 support for 6-8 weeks on guided self help strategies, focusing on giving you the tools to manage current difficulties.
- Group workshops or interventions around topics of anxiety, managing emotions and overall wellbeing,
- You may see me in assemblies providing general education around mental health

How to Contact:

I come into school every week and meet with your school Mental Health Lead ().

So if you feel you would like support around managing your mental health then please speak to or ask to meet myself to discuss and find the best way to support you.



NHS

Midlands Partnership
NHS Foundation Trust



Bee U
Emotional Health and Wellbeing