

Education Mental Health Practitioners (EMHPs)
St Cedd's C of E School
East End Road
Bradwell-on-Sea
Southminster
CM0 7PY

MHST Clinical School Lead: Mrs L Wood
Contact details: 01621 776219

Tuesday 27th April 2021

Dear Parent/Carer

Introducing the Education Mental Health Practitioners at St Cedd's C of E School

St Cedd's C of E School welcomes the opportunity to host Education Mental Health Practitioners (EMHPs), to support the emotional wellbeing and mental health of pupils. Mrs L Wood is the school's Senior Mental Health Lead, who is supporting EMHPs working in the school.

What are EMHPs?

EMHPs are part of Mental Health Support Teams (MHSTs), a new government initiative that promotes good emotional wellbeing and mental health by helping children and their families through prevention, early intervention and education. MHSTs work across education and healthcare, with EMHPs based in schools/colleges and trained to deliver a range of evidence-based interventions for children and young people with mild to moderate mental health needs.

What support do EMHPs offer?

There are a number of different ways that EMHPs may be able to support your child:

- **Groups and workshops** – targeted intervention focusing on certain topics/issues and delivered to a group of students or parents (e.g. emotional well-being, transition to secondary school, friendships)
- **Parent support for children with anxiety** – individual work with parents, as this has been proven to be the most effective way to address anxiety in primary school aged children
- **Parent support for those experiencing behavioral issues** – individual support to help parents enjoy their time with their child more (for children under 8)
- **Staff support** – training and consultation to support the school to develop a 'whole school approach' to emotional wellbeing and mental health

How to access support from EMHPs?

If you would like to receive support as your child is experiencing anxiety and/or behavioral issues then please complete a brief 'Request for Support' form. These forms are available from Mrs L Wood.

Groups and workshops may be offered to your child in school and you will be informed if your child is included in a targeted support group. Groups and workshops for parents will be advertised by school or the school may contact you directly to see if you would like to take part.

Consent and confidentiality

Parents/carers of children who take part in targeted group support or individual support will need to agree to their information being stored on the NHS electronic records system.

Video recording sessions

Parents/carers may be asked for their consent for EMHPs to video record individual sessions for training purposes. If you do not want sessions to be recorded then this is fine and will not affect your ability to access support from EMHPs.

If you would like to discuss any of the above information, please contact the Senior Mental Health Lead, Mrs L Wood.

We hope that this information is helpful to you. We are very much looking forward to working with St Cedd's C of E Primary School.

Yours sincerely,



Dr Sally Robinson
Clinical & Strategic Lead MHSTs Essex

Mrs L Wood
Senior Mental Health Lead