

What to do if you are worried about your child's mental health

At one time or another, most people will experience a mental health difficulty. If you have concerns about a young person struggling with worries, anxiety or low mood there are lots of ways you can seek help.

Free websites such as www.mymind.org.uk, www.youngminds.org.uk and www.nhs.co.uk can be great places to find help. Alternatively the free 24hr crisis line can provide support on 0800 145 6485.

In an emergency call 111 / 999.

If you require translation services, or a copy of this document in other languages, audio tape, Braille or larger print, please email cwp.info@nhs.net.



Chester CAMHS: 01244 393 200

Need urgent help?

Please call

0800 145 6485

The phone line is open 24 hours a day, seven days a week and is open to people of all ages –



Introducing Your Education Mental Health Practitioners



Helping people to be the best they can be

What is an Education Mental Health Practitioner?

Education mental health practitioners (EMHPs) are trained to assess and support children and young people (CYP) who are experiencing common low-level mental health difficulties.

Common mental health difficulties include anxiety, low mood or behavioural difficulties.

EMHPs are part of Mental Health Support Teams (MHSTs) who are based within schools in order to provide timely advice, support schools in developing a whole school approach to mental health and support CYP to develop skills and techniques to manage their emotional health and wellbeing. This is done through individual work, groups for young people and parents / carers as well as whole class activities.

EMHPs aim to meet the needs of those who may not currently receive or be suitable for specialist mental health services for CYP (CAMHS).



How can Education Mental Health Practitioners help?

EMHPs aim to offer 3 core functions.

They deliver evidence-based interventions for mild to moderate mental health difficulties through:

- Individual face-to-face work e.g. brief, low intensity interventions for children, young people and families experiencing anxiety, low mood, friendship or behavioural difficulties.
- Group work for pupils or parents e.g. cognitive behavioural therapy informed work for young people with anxiety, low mood etc. Group parenting classes to include difficulties with conduct disorder and social communication difficulties.
- Promoting a whole school approach to mental health and wellbeing e.g. Assemblies or class talks around wellbeing / transition to high school etc.

A mild mental health issue is when a person has a small number of symptoms that have a limited effect on their daily life. A moderate mental health issue is when a person has more symptoms that can make their daily life much more difficult than usual.

How can my child access this support?

We will let you know what group and wider work is happening within your child's school.

If you or your child feel that they may benefit from some extra support, please speak to your school's Designated Mental Health Lead, class teacher or Head Teacher who will make a referral to the team.

We will need to have both your and your child's consent for this referral and share some information with the school. With all 1:1 work we will send letters out to you and / or your child to summarise the work we aim to do in sessions.

