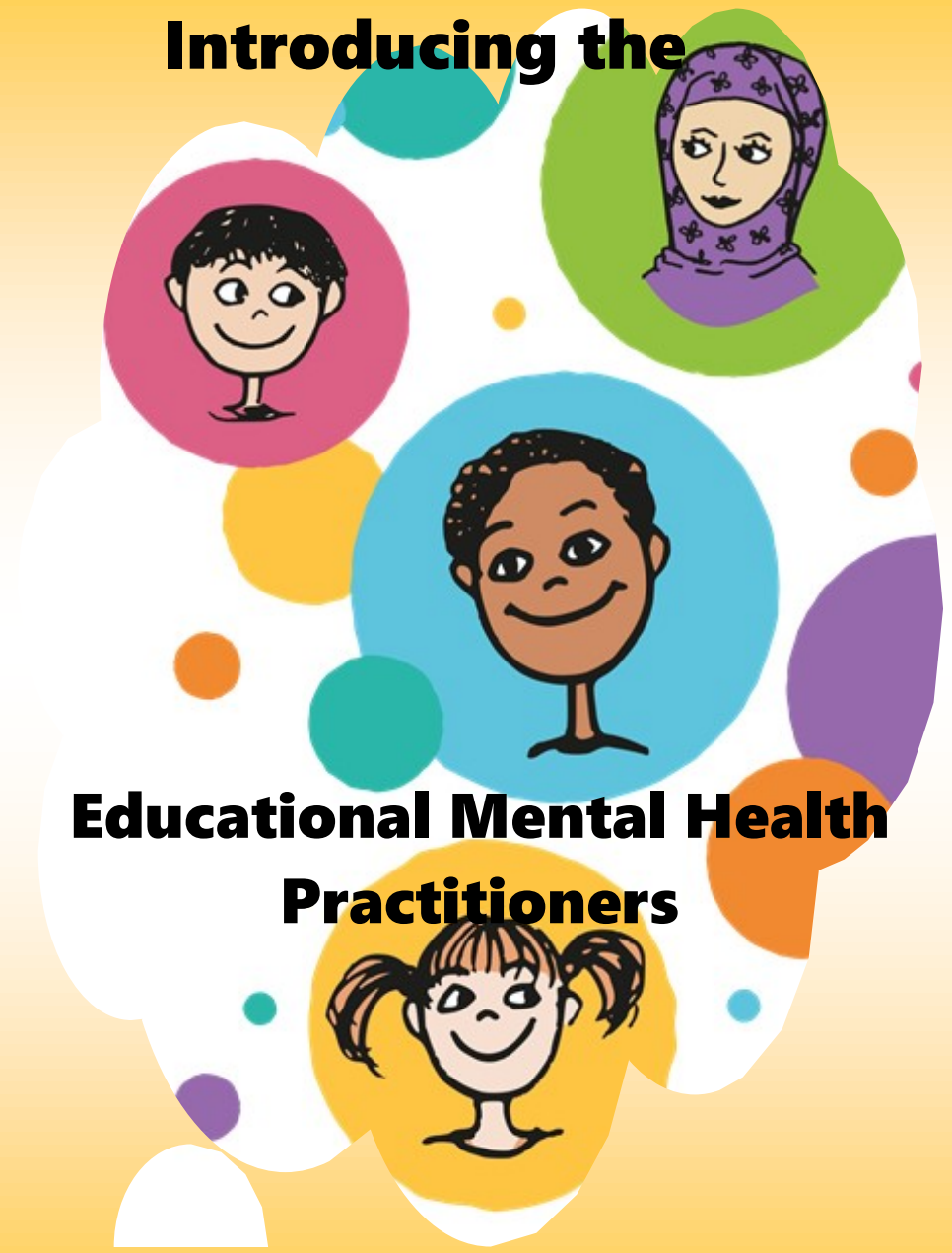




# Introducing the



# Educational Mental Health Practitioners

Lancashire and South Cumbria  
Children and Young People's  
Emotional Wellbeing and Mental Health  
Transformation Programme

If you would like to discuss any of the information, please contact the school Senior Mental Health Lead

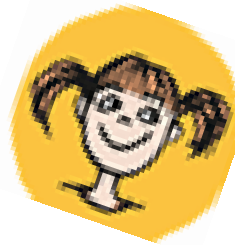


The EMHP is hoping to get to know you and your child, offering support when needed and finding out your ideas about how we can all work together to support the emotional wellbeing and mental health of students.



EMHP's are part of a new government initiative that aims to promote good emotional wellbeing and mental health through supporting children and their families through prevention, early intervention and education. EMHP's will be based in schools.

Wherever possible, we like to work with young people with the support of their parent/carer.



### How does my child access this support?

It has been found that support is most effective when young people request this support for themselves. Therefore, we are operating a 'request for support' process.

### What support do EMHP's offer?

- ⇒ Individual support for young people experiencing worries or low mood
- ⇒ Groups and workshops for young people on topics such as coping with exam stress, transitions from primary to secondary school to college, bullying, self-image and how to look after your emotional wellbeing
- ⇒ Supporting staff in your child's school
- ⇒ Supporting the school to develop a 'whole school approach' to emotional wellbeing and mental health

