

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.ord.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 out of hours support on 0300 303 3972 or in an emergency ring 111 / 999.



Crewe CAMHS: 01270 253841



24/7 mental health helpline for urgent support, for residents of Cheshire West, Cheshire East and Wirral:

0300 303 3972

For people of all ages - you are not alone.



Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Introducing Your Education Mental Health Practitioners



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.

An example of some common mental health difficulties are CYP who demonstrate anxiety, low mood and behavioural difficulties.

EMHP's will be 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 low mood, anxiety and behavioural difficulties through individual work, groups for young people and parents/careers and whole class activities.

EMHPs aim to meet the needs of those who may not currently receive or be suitable for a specialist mental health services for children and young people.

What support can EMHPs offer?

EMHP's aim to offer 3 core functions.

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

- **Individual face-to-face work** eg; brief, low-intensity interventions for children, young people and families experiencing anxiety, low mood, friendship or behavioural difficulties.
- **Group work for pupils or parents** eg; 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.**

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?

The main access to support will be through EMHPs working with existing organisations to promote whole school wellbeing and good mental health.

If you or your child feel they may benefit from some extra support, speak to your schools Designated Mental Health lead, class teacher or Head Teacher.

