

# Meet Your Trainee Educational Mental Health Practitioner (EMHP)...

## Karen

Hi I'm Karen (she/her) from the Mental Health Support Team. I'll be working at your school each week, say hello next time you see me!



## What is MHST?

The Mental Health Support Team (MHST) is here to help your school to develop ways to look after the mental health of its students, staff, parents and carers.

Our EMHPs do this by supporting your school to understand what you need, providing staff training and offering lessons on well-being. Our EMHPs are also trained to give 1-1 support to students on anxiety, low mood and other struggles with wellbeing.

Our logo is an otter because, like otters, we work as part of a team and we use tools! Some of our favourite tools are self-care, challenging negative thoughts, problem-solving and managing worries. We want to share these tools with you so that you can look after your own wellbeing and build your resilience.

If you would like to know more then chat to me or ...

