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service users!

Educational Mental Health Practitioner/EMHP

NHS
East London
NHS Foundation Trust

A big

#i!

from Leah
She/Her



As an **EMHP** I work within the **Mental Health in Schools Team/MHST** within **CAMHS**. Our aim is to support children, young people and their families by giving them access to either **1:1** or **group** sessions. Within these sessions we help you manage the following; **anxiety**, **low mood**, regulating and understanding **emotions** and **friendship difficulties**.

I am sure you have some questions similar to the below to here are some answers!

- Where to find me? **I will be in your school every two weeks.**
- How do I get access to you? **If you are interested in speaking to me, please speak to a trusted adult and/or your tutor or teacher.**
- What do I talk to you about? **You can come to talk to me about anything you feel you need too!**

The sun is a daily reminder that we can and will rise from the darkness we may be feeling!