



Dear Parents,

Your school now has an Educational mental health practitioner working 1 day a week (Wednesday) called Sade Jones.

***What is an Educational Mental Health Practitioner (EMHP)***

EMHP's in Essex are employed directly by the NHS.

We aim to promote emotional wellbeing and mental health for children and young people and their families in education settings. We do this by delivering a range of evidence-based interventions for children and young people experiencing **mild to moderate mental health needs**.

***What can we offer Parents?***

We work directly with the parent on a 1:1 basis, as we feel that parents have a better understanding of their child and how to support them leading to a better outcome for the family. We offer support for parents on:-

- Low level anxiety. If you feel that your child worries often and this has an effect on their day to day tasks, then the 6-8 week sessions on helping your child face anxious situations, managing their worries and building resilience may be of interest.
- Support with challenging behaviour (for parents with children up to the age of 8). Sessions are between 6-8 weeks and are focused on understanding and improving difficult or challenging behaviour.

**We can offer children group workshops on the following topics:**

- Transitioning on to secondary school
- Managing worries
- Coping with exam stress
- Confidence building workshops
- Sleep Hygiene

***How to access support?***

Parents can complete a referral form, which is available from your school. Please speak to Mrs Barrett, Deputy Head or Miss Doust, Pastoral Support Officer, for more information.

Please note that before any sessions are started, you will be informed.