

Hello, my name is Sammy Parkes. I am an Education Mental Health Practitioner (EMHP for short). I work for the NHS in a Mental Health Support Team (MHST) and work closely with St Joseph's Catholic Primary School.

The MHST can support with 1 to 1 interventions or group work with children and parents, if children are experiencing anxiety, including worry and simple phobias or low mood. The support we offer is brief and evidence based, so the research tells us it can help!

We also support St Josephs with their Whole School Approach towards mental health and wellbeing.

Many children experience wellbeing difficulties at some point and this offer is a positive opportunity to offer early support.

If you have any questions about this service, then please do not hesitate to speak to a member of school staff.

Thank you!

