

# Not sure where to turn?

## Come and talk to the Mental Health Support Team (MHST) in Schools



### Who are the Mental Health Support Team in Schools

The MHST in schools support young people, like you, within education, to get the help they need along their emotional wellbeing journey.



### Who are the EMHPs?

Education Mental Health Practitioners (or EMHPs for short) have a long job title! But all it means is that they have learnt lots of skills to create a special toolkit which can be used to help people in schools who may be struggling with their feelings and behaviour. EMHPs will work with young people and/or their parents either individually, or in a group, and will offer advice and support to staff as part of the whole school approach to mental fitness.



### How do I get to see an EMHP?

You can get help from the MHST in your school by talking to the mental health lead in your education setting or talking to your parents who can then get in touch with your school.

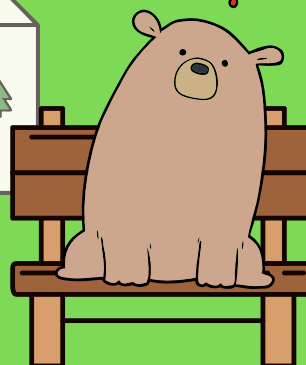
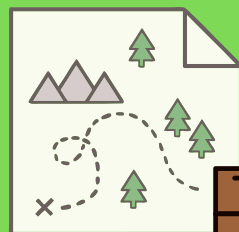


### What will I do with an EMHP?

We will meet at your school, or online, and have a chat about some of the difficulties you may be having.

Then, if you want to, we can work together to learn skills that may help to make things feel a bit better.

Sometimes, we might point you in the direction of someone else who may be better placed to support you.



### What is in my EMHP's Toolkit?

The tools are based on Cognitive Behavioural Therapy, which means learning, and practicing different ways of thinking and doing things, to increase your emotional wellbeing.

The tools are all evidence-based, which means researchers have tested them and found that they are helpful for lots of other young people who have similar struggles to you.

### The Team:

#### Weymouth and Portland MHST

Clinical Lead: Sarah Stockham

Team Lead: Emmy Oakley

Supervisor Practitioners:

Nicky Swaffield and Emma

Hopkins

Educational Mental Health

Practitioners: Elina Saarmaa,

Kathy Pinsent, and Liana

Ditchburn



Email us:

[dhc.mhsteam.weymouthandportland@nhs.net](mailto:dhc.mhsteam.weymouthandportland@nhs.net)



Dorset HealthCare University  
NHS Foundation Trust