

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?

Ask your teachers who to speak to, in order to get the support you need from the MHST.

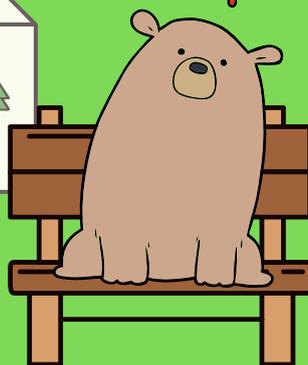
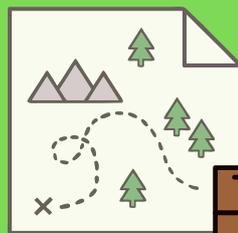
You can also talk to your parents who can then get in touch with your school.

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: Bournemouth, Christchurch and Poole MHST

Clinical Lead: Nova Bovaird
Team Lead: Vivi Hamerska
Supervisor Practitioner: Nicky Swaffield
Educational Mental Health Practitioners: Fleur Harrison, Hayley Borrows, and Frances Gedling



Email us:

dhc.mhsteam.bcp@nhs.net