

HELLO! I'M EMILY

EDUCATION MENTAL HEALTH PRACTITIONER (EMHP), THOUGHT-FULL

I'm an Education Mental Health Practitioner (EMHP) working for Thought-Full and am in your school on Mondays.

I work with children, young people and their parents to support with the following difficulties:

- feeling worried, anxious or low
- struggling with confidence or friendships
- controlling emotions
- poor sleeping and/or eating

We help you think it through

IF YOU ARE EXPERIENCING ANY OF THESE DIFFICULTIES, PLEASE SPEAK TO YOUR CLASS TEACHER..

Your mind matters! If you need urgent support, let an adult know and text 'SUSSEX' to 85258

youngminds.org.uk e-wellbeing.co.uk

Thought-Full
helping you think it through
mental health support teams in schools