



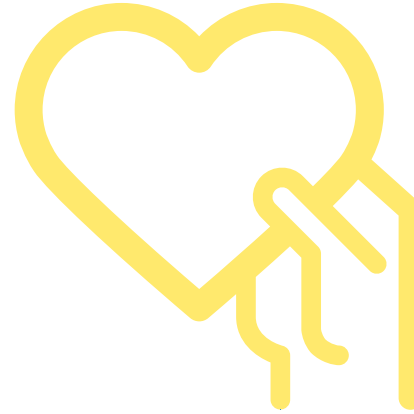
About the team

Mental Health Support Teams are made up of Education Mental Health Practitioners, often referred to as EMHPs, Senior Practitioners and clinical and professional leadership (psychology and social work).

The role of the EMHP

EMHPs work across education and healthcare to provide mental health support for children and young people. They are based directly in schools and colleges and deliver low intensity interventions such as guided self help based on cognitive behavioural therapy (CBT) and group based CBT. They also support schools and colleges on whole school initiatives aimed at preventing mental health problems.

EMHPs have access to key contacts and information on other services which are available to children and young people, and can help to refer, or provide referral information if the individual would be better supported by an alternative service, such as CAMHS.



Requesting support

Requests for support for a child or young person must be completed by a member of staff at your child's school/college, or another appropriate professional working within your child's school or college.

Find out which schools and colleges the Mental Health Support Teams support online at howareyoufeeling.org.uk.

howareyoufeeling.org.uk



Hull Mental Health Support Teams

Information for children
and young people and
their parents and carers



Hull Mental Health Support Teams

Hull Mental Health Support Teams support children and young people (aged 5-18) with their mental health and emotional wellbeing. The service also supports school and college staff and parents and carers.

Mental Health Support Teams are working across schools in Hull to provide early intervention for mild to moderate mental health needs.

The teams can support with mental health difficulties such as anxiety and depression.

The teams are integrated within schools and colleges, working directly alongside students and teaching staff.



Support available

The teams can provide support for:

- Relationship difficulties
- Bullying behaviours
- Confidence and self esteem
- Generalised anxiety
- Self harm
- Emotional and behavioural needs
- Depression and low mood
- Mixed anxiety and depressive disorders
- Social phobias
- Social interaction and communication needs

This support may include:

- Advice, guidance and signposting
- Consultation
- Low intensity Cognitive Behavioural Therapy (CBT)
- 1:1 sessions with children and young people
- Group work
- Self help guidance
- Whole school approach support in partnership with the local authority
- Staff training and support
- Parent-led CBT

Support for children aged 5-9 is delivered through parent-led CBT only. Where this is not appropriate, referrals will be made into other local services.

Vulnerable groups and transitions

The Mental Health Support Teams will provide focused mental health support for students in vulnerable groups where there is an identified risk, including:

- Those at risk of exclusion
- Those at risk of NEET
- Fixed term exclusion
- Those not engaged in school/college
- LGBTQIA+
- Young carers
- Low level youth justice

Their work will also focus on supporting students through the often difficult transitional periods, particularly working with years 6, 11 and 13.

