



Name: Emily
Role: Education Mental Health Practitioner (EMHP)



Who am I?

Hi! My name is Emily and I am part of the **Mental Health Support Team (MHST)** working within St Margaret Ward. My role is to support the school's approach to mental health and wellbeing, as well as work directly with children and young people who may be experiencing **difficulties such as anxiety, low mood, sleep problems, exam pressures, worries, or problem-solving challenges.**

Important things to know about me



- My dog is called Mabel, she loves to have a fuss!
- My favourite food is pizza
- I enjoy running and going to the gym
- I love reading, cooking and baking
- My weekends are usually spent with family and friends



I can support children and young people through **one-to-one work, small groups, or whole-class sessions.**

I'm also here to help parents and carers feel more confident in **supporting their child's emotional wellbeing**, so we can work together to **help children thrive both at home and in school.**

My favourite quote is:

"Comparison is the thief of joy."

If you would like to know more about **how we can support your child**, please **speak to Mrs Edwards** or **get in touch with the MHST** with this email:
mhstenquiries@combined.nhs.uk