

Wellbeing & Emotional Support Teams (WEST)

What is an Education Mental Health Practitioner ?

Education Mental Health Practitioners (EMHPs) work in schools and colleges to provide mental health support for children and young people (CYP), bringing together health and education.

Wellbeing & Emotional Support Teams (WEST)

WEST are part of the government's plan for schools to provide early mental health support to children and young people. Working together with staff, pupils and parent/carers to support emotional health and wellbeing throughout the school.

What is an EMHP?

Working within the WEST team, Education Mental Health Practitioners (EMHPs) are trained to assess and support children aged 5-18 years with:

- Low mood
- Worry
- Anxiety
- Panic
- Sleep difficulties

1:1 and group work

- The team deliver one to one sessions in school with children, young people and parents/carers.
- They provide low intensity interventions that have been proven to work, which take place over 6-8 sessions lasting 30 minutes each. These are based on cognitive behaviour therapy (CBT) and guided self-help.
- Tasks may be set for children and young people to complete inbetween sessions. This helps to put into practice what has been discussed in sessions.

What happens next?

With your consent, your child's school will make a referral to WEST. An EMHP will then contact you to arrange an assessment session with you and/or your child. Sessions maybe online due to COVID-19.

The assessment will take approximately 45 minutes.



You can help support your child by:

- ensuring your child is attending all sessions,
- supporting activities that your child is doing at home,
- taking an active interest and listen to your child,
- trying to be understanding of their experience.

You might also be asked to:

- attend some sessions with your child,
- attend parent sessions that provide information about your child's treatment.

If you need any support with accessing sessions or resources, please let your school contact know.

About mental health

We all have mental health, like we all have physical health. It's important we take care of both as they are part of our overall wellbeing. When someone experiences a mental health problem, it can affect their thinking, their mood, and their ability to relate to others as they usually would.

Mental health problems are common, with 1 in 4 people affected in any year. (It's 1 in 10 young people, or 3 people in the average classroom).

Mental health difficulties are rarely caused by one single thing and there are many factors that can impact on mental health.

Parents and carers can have a positive impact on supporting the mental health of their child.

Looking after your own mental health

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about.

Links to support websites

- **Find out more about our service:** www.camhs.hacw.nhs.uk/west
- **Every Mind Matters:** www.nhs.uk/oneyou/every-mind-matters
- **Young Minds:** www.youngminds.org.uk
- **16 years old and over? Get support for your mental health:** www.nowweretalking.nhs.uk

