


Hull

Mental Health Support Teams

Information for pupils



Hull Mental Health Support Teams help children and young people (aged 5-18) with their mental health and emotional wellbeing.

Mental Health Support Teams are working across schools and colleges in Hull to provide early intervention for common mental health difficulties such as anxiety and depression.

The support works on a referral basis, so teachers or other school staff can recommend children and young people for support.

How we can help you

Thoughts, feelings and behaviours (what we do) are all linked together and have an impact on each other. Sometimes, you can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours and this is when you can begin to struggle with your mental health.

Mental Health Support Teams can help you to break that negative cycle and begin to feel better by helping you change some of your thoughts and behaviours.

Examples of what we can help you with:

- Bullying
- Self esteem
- Anxiety
- Depression & low mood

Support may be delivered through:

- 1:1 sessions
- Group work
- Assemblies

Other support available

How are you feeling
howareyoufeeling.org.uk

Young Minds Information website on mental health, resources and advice

Headspace app
Guided mindfulness and coping skills

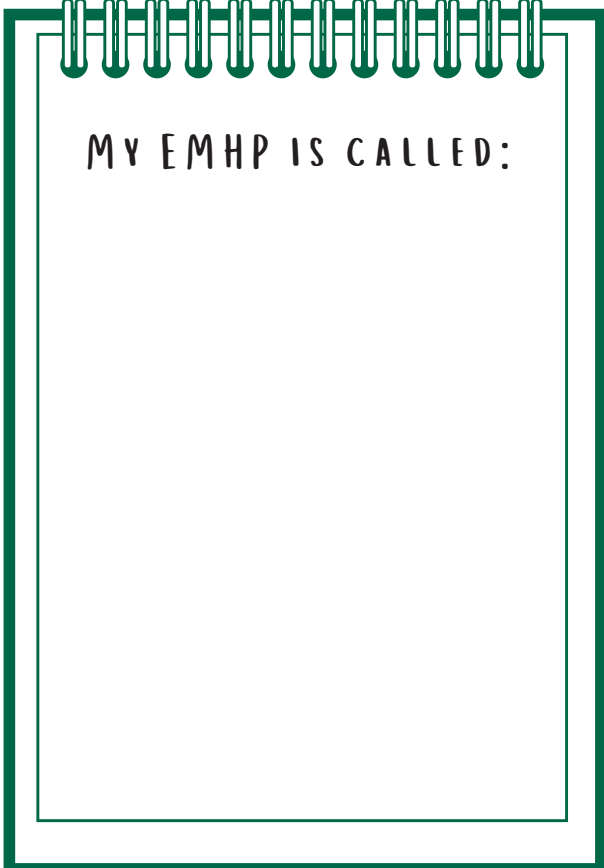
About the team

Education Mental Health Practitioners, often referred to as EMHPs will be working in your school or college, and sometimes they are supported by a Senior Practitioner.

The role of the EMHP

EMHPs work across education and healthcare to provide mental health and emotional wellbeing support for children and young people. They are based directly in schools and colleges and deliver low intensity interventions to support pupils, teachers and parents and carers.

They also support schools and colleges on whole school initiatives aimed at preventing mental health problems.



MY EMHP IS CALLED:

What to expect

Your initial assessment

Your first appointment with an EMHP will last between 30 and 45 minutes.

You will be asked lots of questions which will help us to understand your problem and to decide the best way we can help you feel better. We will also help you to set a goal which you would like to work towards.

How your support will work

Following your initial assessment, you will be offered between 6 and 10 sessions depending on how many we think you'll need. Each session will last between 30 and 45 minutes.

Your sessions will take place in a safe, confidential space, either within your school or college, or in a place you feel more comfortable in.

Your EMHP will help you learn new skills to change your negative and unhelpful thinking and behaviour. It will be important for you to practice these skills at home between sessions.



**Hull Mental Health
Support Teams**

www.howareyoufeeling.org.uk