



About the team

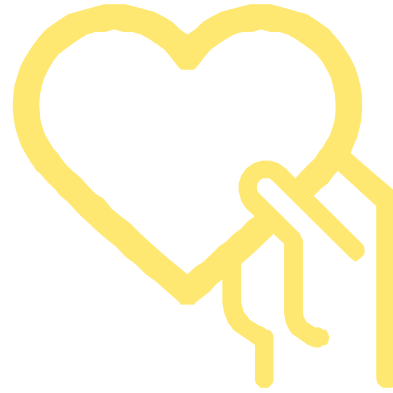
Mental Health Support Teams are made up of Education Mental Health Practitioners, often referred to as EMHPs and Senior Practitioners. The team is supported by clinical and professional leadership in psychology and social work.

The role of the EMHP

EMHPs work across education and healthcare to provide early intervention mental health support for children and young people. Based in schools and colleges, EMHPs deliver low-intensity interventions.

They also support schools and colleges on whole-school initiatives around emotional wellbeing.

If the individual would be better supported by an alternative service, such as CAMHS, EMHPs can refer them.



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.



East Riding Mental Health Support Teams

Information for children
and young people and
their parents and carers



East Riding Mental Health Support Teams

East Riding 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 many schools in the East Riding to provide early intervention for mild to moderate mental health needs.

The teams can support those with mental health difficulties such as anxiety and low mood.

The teams are integrated in schools and colleges, working 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
- Low mood
- Mixed anxieties
- 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 focuses on supporting students through the often difficult transitional periods, particularly working with years 6, 11 and 13.

