

Hello!

As we are well into our new academic year now, I would like to take this opportunity to introduce myself properly - you may have seen bits from me before, but I thought it was important for you as a school to fully understand my role as an EMHP.

An EMHP stands for Educational Mental Health Practitioner, and whilst we can sometimes fear the term “mental health” for various reasons, this can also mean that we immediately believe there is something “wrong” or something needs to be “fixed”. However, this is not the case! My role is to simply support the maintenance of good mental health and wellbeing, rather than treating mental illness.

The role of the EMHP was created in line with the government’s priority to improve access to wellbeing support for children and young people, which allows people like myself to deliver evidence-based work to support your child’s current positive wellbeing and keep this going into adolescence. This is also a joint initiative by Health Education England and the Department for Education, with the aim of creating a Mental Health Support Team in all schools by 2027.



So, now you have a little background of my role, what do I actually do in your child’s school?

I will be based here at RAB every Monday and will be here from 9am-2pm. I have quite a varied day, I can sometimes be working 1:1 with parents to further support them with their child’s anxiety or challenging behaviour at home, but I am also contributing to the Whole School Approach by delivering workshops based on positive friendships, transitioning from year 6 - year 7 and recognising difficult emotions.

At times, I will simply just spend some time in your child's classroom and get to know everyone! I will also be around to work with whole classes and deliver a 6 weekly course known as Brain Buddies, which explores emotions and helpful ways to manage these. With the younger years, they have a separate weekly programme known as Emotion Explorers, looking at the Zones of Regulation and identifying each emotion, as well providing them with the skills to cope with these moving forward.

It's so important to allow children to explore their emotions and helpful ways to manage these early on, in order to gain and put these skills into practice before they reach adolescence - when they could be so overwhelmed they are then unable to cope.

Of course, your child doesn't have to take part and in no way will anyone be asked to do something they are not comfortable doing. I am always more than happy to chat to you should you have any questions or concerns, but please keep in mind I am not a medical professional and cannot diagnose or treat mental illness, I am simply trained to support and maintain positive mental health & wellbeing, preventing potential mental illness in the future.

I totally understand some of you may be sceptical and that's okay! I encourage you to have that conversation with me and see what I can do for you that would make you feel more at ease. Please remember, that mental health is something we all have, it's how we feel inside - a bit like internal weather, it's always changing.

**I look forward to seeing you soon,
Charley**

