

# INSIDEOUT

Mental health  
support team

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

It's an exciting new term in schools and we're very busy at the moment in the InsideOut Mental Health Support Team settling into our new schools.

Our team has recently expanded and we have five new trainee Education Mental Health Practitioners (EMHP's) about to start their journey.

EMHP's are a new addition to the Children and Young People's workforce. They work in schools, providing early intervention, low-intensity Cognitive Behavioural Therapy (CBT) sessions to children and young people who are experiencing mild to moderate low mood, anxiety, panic, or who may be experiencing emotional literacy or behavioural difficulties.

EMHP's explore how thoughts, feelings, and behaviours influence one another and we work together with children and young people to change any negative patterns of behaviour into more positive ones.

We also support schools with their whole-school approach to mental health. At the moment we will be busy completing mental health audits in schools to set out goals for the upcoming academic year. We can support schools by delivering assemblies, group work interventions, student drop-ins, awareness raising and staff, student or parent workshops.

Requests for support can be accessed through schools via our regular in school meetings.

We are very excited to hit the ground running this academic year and look forward to working with and supporting schools and their students across Middlesbrough and Redcar and Cleveland.

## How to contact us

If you would like to have your say, or have any other questions please contact us.



Email: [info@insideoutmhst.co.uk](mailto:info@insideoutmhst.co.uk)



Tel: 01642 505580 (Option 3)

