

# YOUR MENTAL HEALTH SUPPORT TEAM

Hall Park Academy



## Your Education Mental Health Practitioners

EMHPs work with your school providing early intervention and delivering workshops, courses.  
Offer: CBT-based, mostly behavioural strategies.  
Presentations covered: mild anxiety and low mood.  
Courses and groups are the most common first line of treatment - the need for 1:1 work with an EMHP is assessed individually.

Laura Acklam

Jude Edwards

Jessie Reeson

Watch this space – to be recruited

### Your Link Worker

**Your Link Worker is Jude Edwards**  
Your link worker is your main point of contact within the MHST. Please liaise with them regarding planning, audits, workshops, logistics (such as rooms for appointments), and any general queries about our service. They will meet with your Mental Health Lead (MHL) frequently for 'link meetings'. It's helpful to book these well in advance.

## Your Senior EMHP

Senior EMHPs may work with more complex cases than EMHPs but still offer mainly behavioural interventions at a low to mid intensity. They oversee and manage Whole School Approach, Workshops and Courses, Participation and Involvement, and our Peer Mentoring programme.

**Georgie Stewart –  
Whole School Approach**

**Katey Morley –  
Special Educational Needs**

**Tracy Duke –  
Youth Involvement**

## Your Specialist Practitioner

Specialist Practitioners come from a range of backgrounds such as SEND, nursing, and social care.

Offer: Person-centred, evidence-based support and strategies.

Presentations covered: mild to moderate anxiety and low mood that would benefit more from a holistic approach.

**ChildLine: 0800 1111 Samaritans: 116 123**

If you develop significant concerns about a child's safety and wellbeing, you can call these numbers for advice and support:

**CAMHS Crisis Team: 0115 844 0560**

**24 Hour All Ages Crisis Number: 0808 196 3779**

**Always dial 999 or visit A&E in emergencies**

**Lucy  
Fielding**



## Your Cognitive Behavioural Therapist

CBT Therapists work with anxiety and low mood cases of moderate intensity, offering both cognitive and behavioural strategies. Presentations might include single-event trauma, OCD, and social anxiety. This may be through 1:1 work with a young person but better outcomes are often seen when families act as co-therapists outside of sessions.



**Winston  
Davidson**

*How the MHST can help...*  
Please talk to your link worker if you require support or want to book in whole school approach activities

[http://](http://bit.ly/37xsn1)

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## Your MHST Support Worker

Support Workers typically facilitate workshops, parents evenings, and promotional events.

Support Workers have a range of skills and experience to bring to the role and work alongside other clinicians within the MHST to facilitate whole school approach activities.

**Ellie  
Dawson**



Please note, there may be occasions when a practitioner from a different location offers support to your school.

## Anonymous consultation

### Your consultant is Winston Davidson

Half termly/termly meetings for your MHL to discuss potential referrals. This may be with your link worker or a CBT therapist. It is the schools' responsibility to act on the advice given. To retain anonymity, no records will be stored by the MHST. If a referral is made, please indicate on the form if the case has been discussed in consultation.



Respond to audit results



Consultations



Whole School Approach

Mental Health Link Meetings

