

Hello, my name is Sammy Parkes and I am a Trainee Education Mental Health Practitioner (EMHP for short). I work for the NHS in a Mental Health Support Team (MHST) and have recently started to work with St Joseph's Primary School. I hope to become embedded into the school and will be working alongside the great team of staff. My role will involve either 1 to 1 work or group work with children that are experiencing social and emotional difficulties—particularly low-level anxiety, including worry and simple phobias or low mood. The support I can offer is brief and evidence based, so the research tells us it can help!

Many children experience wellbeing difficulties at some point and this offer is a positive opportunity to offer early support.

If you have any questions about this service, then please do not hesitate to speak to a member of school staff.

Thank you!

