

The Role of the Educational Mental Health Practitioner

This role of EMHP supports the Government's priority of increasing access to and availability of mental health and wellbeing support for children and young people.

Educational mental health practitioners (EMHPs) work across education and healthcare to provide mental health support for children and young people in schools and colleges.



Our role involves;

- The assessment and support of children and young people with common mental health difficulties, particularly mild to moderate symptoms of anxiety, depression, and behaviour difficulties;
- Providing low intensity interventions such as guided self help based on cognitive behavioural therapy (CBT) and group-based CBT for those with persistent mild to moderate depression;
- Supporting schools and colleges on initiatives aimed at preventing mental health problems and improving the mental wellbeing for their students;
- Provide early, brief evidence-based interventions to promptly address emerging mental health needs of children and young people.

As part of this we may;

- Advise on sleep hygiene, problem solving and panic attacks;
- Provide education for managing anxiety and depression;
- Promote approaches to improve emotional health and wellbeing;
- Advise and signpost education staff on further information to ensure children and young people get the right support;
- Provide support to children and young people on a one-to-one and group basis;
- Support schools and colleges with whole-organisation approaches to mental health and wellbeing;
- If you work in primary schools or social, emotional and mental health or learning disability settings, your work may also involve liaising with parents and carers.

