Meet Your Education Mental Health Practitioner (EMHP)

Bryonee

Hi, I'm Bryonee (she/her) from the Mental Health Support Team. I'll be working at your school every

Thursday

Say hello next time you see me!



What is MHST?

The Mental Health Support Team (MHST) is here to help your school to develop ways to look after the mental health of its students, staff, parents and carers.

Our EMHPs do this by supporting your school to understand what you need, providing staff training and offering lessons on well-being. Our EMHPs are also trained to give 1-1 support to students on anxiety, low mood and other struggles with wellbeing.

Our logo is an otter because, like otters, we work as part of a team and we use tools! Some of our favourite tools are self-care, challenging negative thoughts, problem-solving and managing worries. We want to share these tools with you so that you can look after your own wellbeing and build your resilience.

MHST
Tools to thrive

If you would like to know more then chat to me, your Mental Health Lead, or any trusted adult in your school.

Fun Facts about me:

I love music and dancing
I once got chased by elephants
I have a cat with thumbs