

# Mental Health Support Teams Hertfordshire and West Essex Newsletter



Hello there!

My name is Sam Marriott, and I am a trainee Education Mental Health Practitioner (or EMHP) working with the Watford Mental Health Support Team.

I will be based at St Anthony's every Wednesday from September.

My role at school will involve a few different things - all aimed at working to support children, families and staff with their mental health and wellbeing.

It will include working with parents/carers (using guided self-help) to support them in addressing behaviour or anxiety issues that their child might be experiencing.

I will also be able to provide workshops to pupils, staff, and parents around a mix of issues that may impact on wellbeing, and which might be helpful to the school community.

I am looking forward to working with you and your children!

As parents/carers, if you are interested in receiving support from our service, please contact Melanie Brimicombe to discuss a potential referral.

(For any information about our service please contact [hpft.mhstwatford@nhs.net](mailto:hpft.mhstwatford@nhs.net))