

Mental Health Support Teams Hertfordshire and West Essex Newsletter



Hello there!

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

I am based at St Anthony's every Wednesday, although I visit the school on other days too.

My role at school is all aimed at working to support children, families and staff with their mental health and wellbeing.

It includes:

- 1:1 interventions for parents either on the topic of child anxiety or for child behaviour issues (eight sessions of guided self-help with sessions taking place at school.)
- Targeted group support either for young people (e.g. transitions, anxiety, friendship issues) or for parents (e.g. child anxiety or promoting positive behaviour in children.)
- Staff, parent or pupil workshops or assemblies on a variety of topics related to mental health and wellbeing.
- Six to eight week whole class interventions on the topic of emotion regulation

If you are interested in receiving one to one support from our service or have ideas for workshops or talks that you might like to receive as parents, please contact Melanie Brimicombe to discuss.

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

