

Name: Maisie

Trainee Education Mental Health Practitioner

Don't be afraid to make mistakes..
life is about learning!



ABOUT ME



Hello, I'm Maisie, from the Mental Health Support Team (MHST), currently working with St George and St Martins Catholic Academy.

As an Trainee Education Mental Health Practitioner (EMHP), my role involves supporting children, young people and their families with mild to moderate mental health difficulties using Low Intensity Cognitive Behavioural Therapy interventions. By working together, we can identify and address difficult emotions and feelings.

I work closely with the school mental health lead, Mrs Griffiths, to deliver whole school approaches to wellbeing, including class workshops, parent coffee mornings and training to support the school population with their well-being.

What we do:

We support pupils with:

- Worry Management
- Anxiety
- Panic
- Low Mood
- Sleep
- Problem Solving

For primary aged children, interventions are completed with parents

Pupils Parents

- | | |
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| <ul style="list-style-type: none">• Class workshops• Drawing and Talking• Peer Mentor Training• Small group work | <ul style="list-style-type: none">• 1:1 referrals (parent led LI-CBT)• Coffee Mornings based around anxiety, sleep, understanding anger and positive parenting |
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Interested?

If you think your child and family could benefit from MHST support, please speak to your school's mental health lead, Mrs Griffiths.

Look out for any upcoming coffee mornings or sessions and pop in for a chat.