



MENTAL HEALTH SUPPORT TEAM

Name: Lauren



Education Mental
Health Practitioner



All About Me

Hi, I'm Lauren from the Mental Health Support Team (MHST) working within The Willows Primary School.

I am an Education Mental Health Practitioner (EMHP) and my role involves supporting young people and their families with mild to moderate mental health challenges using Parent-led Low Intensity Cognitive Behavioural Therapy (LICBT). Together we work to identify and address difficult emotions and feelings.

I work in partnership with the school's Mental Health Lead and Pastoral Team to deliver a whole school approach to mental health; this includes educational workshops, groups, and training to reduce the stigma of mental health and improve outcomes for the whole school

Our Core Offer

I support pupils with:

- Worry Management
- Anxiety
- Managing Emotions
- Panic Management
- Problem Solving
- Behaviour Difficulties

If you would like to know more, please speak to Mrs Beltran, Mrs Ball or Mrs Ellis or email:
mhstenquiries@combined.nhs.uk