



MENTAL HEALTH SUPPORT TEAM

Name: Lauren



Our Core Offer

I support pupils with:

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

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.

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