

MENTAL HEALTH SUPPORT TEAM

Name: Brit

Education Mental Health Practitioner



All About Me

Hi, I'm Brit, 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 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 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 community.

Our Core Offer

I support pupils with:

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

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