

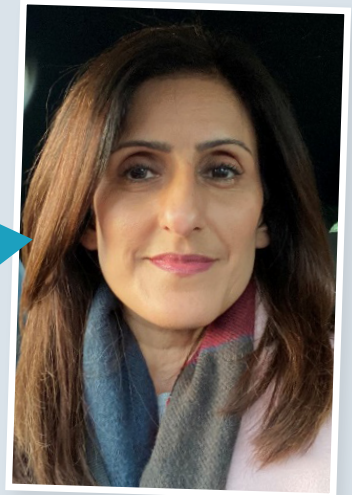


My name is Deesh. You may see me around the school from mid January 2023. I am a Trainee Educational Mental Health Practitioner (TEMHP) attached to the school. Currently I am completing a Diploma In Educational Mental Health Practitioner via Northampton University whilst employed by Leicestershire Partnership Trust working as part of the Mental Health Support Team.

I will be working alongside the school and support systems already in place. My aim is to support students referred to me by the school over a 6-8 week period, to help them develop ways to manage and improve their emotional wellbeing by using low intensity Cognitive Behavioural Therapy (CBT) interventions. CBT includes a range of talking therapies, activities and exercises to support a child or young person to manage their difficulties, make changes and help develop coping strategies when experiencing difficulties such as low mood or anxiety over a short period of time. In the future I hope to be able to also offer workshops for students and parents.

I myself am a mum of 3 boys and have personal experience from a parental perspective of supporting a child with anxiety. I have previously worked for Children's Triage & Navigation Service where my passion to help and support young people developed further. I enjoy relaxing and catching up on what's new on Netflix but also going to the gym when I can but one my favourite things has got to be down time with my 5 year old dog Barney who is a mischievous cockapoo but lots of fun.

I am looking forward to meeting and getting to know you.



## Mental Health Support Teams in Schools



teams are working in Leicester City, North West Leicestershire and Hinckley, Loughborough, Melton and Rutland and South Leicestershire (Oadby and Wigston) focusing on areas with military families, high areas of deprivation and areas with high Black, Asian and Minority Ethnic populations to bring mental health support to those who can't usually access it.

Support is provided through direct individual, virtual and group work sessions.

We work with both primary and secondary age school children and young people.

We also help schools to develop a whole school approach to improve their mental health offer for all children and staff.



**We use low intensity CBT, a talking therapy treatment with practical ways to improve emotional and mental wellbeing.**



Each team has four Education Mental health Practitioners (EMHP's) and 2-3 more senior clinicians (Band 6 and 7) providing clinical supervision, management and oversight of the teams.



children and young people per term will be helped by the service from November. We will be working with 20 schools per term.