

Hello, my name is:

Megan Burns.

Who are Bolton Mental Health Support Team (MHST)?

We are a new team working in schools across Bolton to help children and young people with mental health difficulties.

Our goals are:

- 1) To deliver 1:1 and group interventions to children, young people, and parents.
- 2) To work with teachers to develop whole-school approaches to improve everyone's mental health.
- 3) To give advice to school staff to help children get the right support.



**I'm a Trainee Educational
Mental Health Practitioner**

What is a Trainee Educational Mental Health Practitioner (EMHP)?

Trainee EMHPs work for the NHS and are placed in schools to offer mental health support, advice, and interventions.

We also spend two days a week at university.

My allocated day at your school is:



I can also continue to support children and young people during school holidays.

A bit about me:

- I have two cats called Tilly and Gordon.
 - My favourite colour is green.
- I love to be with my friends and family in my spare time.

How can I help?

I am training to work with children and young people who may start to experience symptoms of:



Anxiety

Worry

Low mood



I am training to provide:

- Support and advice
- Mental Health assessments
- Cognitive Behavioural Therapy (CBT) informed interventions
- Workshops and training for children, parents, and teachers

During my training year, I will be closely supervised by senior clinicians in our team to ensure I provide the best possible support.

I look forward to working with your school and meeting you soon!