MHST- A bit about me and us



Hello! My name is Alison.

About Me....

Hello, I am an Education Mental Health Practitioner (EMHP). My job is to help children and young people to improve their mental health and develop healthy coping skills.

I work closely with your school to help everyone look after their mental health and wellbeing. You might see me running workshops/assemblies, meeting with parents, or holding drop-in sessions where young people can come and chat.

What We Do...

Our team offers low intensity early intervention around:

- Anxiety
- Low Mood
- Panic
- Worry
- Exam Stress

Fun Fact...

My favourite place to visit is Scotland

A quote I love...

"There is always hope" - Banksy, 2002

NHS
Midlands Partnership University
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We are MPFT