

Education Mental Health Practitioners (EMHPs)

Sometimes we can feel worried or sad.



It can make it hard to sleep, eat or concentrate at school.



If you feel like this a lot of the time, then an EMHP at school might be able to help.



EMHPs work in your school with other children, teachers and parents and can help you to feel less worried or sad.



Tell your teacher or parent/carer if you think it could help you to speak to the EMHP at your school.



Find out more about WEST here:

