



Trainee Education Mental Health Practitioner (EMHP)

Newham Mental Health Support Team (MHST)

About Me:

Hello, I'm Elinor and I'm a Trainee Educational Mental Health Practitioner (EMHP). I work in a Mental Health Support Team which is aiming to increase support and information around mental health in schools. I can offer parents non-judgemental and confidential support for challenging behaviour and child anxiety.

Things I do:

- Confidential 1:1 guided self-help over 8 weeks for parents to support children with anxiety or challenging behaviour
- Workshops and education around mental health
- Group interventions around topics like managing emotions

Contact:

You'll see me in school on
Mondays

If you're a parent wanting to know more, please contact
Mrs Jokhan
(mrs.jokhan@southernroadprimary.com)