

WHO ARE WE?

We are an early intervention team within Oxfordshire CAMHS. As Education Mental Health Practitioners (EMHPs), we are trained to work with schools to support children and young people's mental health.

WHAT CAN WE HELP WITH?

- Generalised Anxiety
- Low mood
- Specific Phobia
- Separation Anxiety
- School Avoidance
- Social/Friendship worries
- Behaviour

1:1

Referral needed. Children 11+ or Parents of Children under 11, can receive 1:1 support and guidance from their EMHP, over 6-8 weeks.

WORKSHOPS

No referral needed. EMHPs can provide workshops for groups of students around a specific topic.



YOUR EMHP:



Name: Rhiannon Fitzgerald

Day in school: Wednesday/Friday afternoon

HOW ARE YOU FEELING?

Everyone's mental health is important, if you or someone you know is struggling, there is support available.



GETTING THE RIGHT SUPPORT

If you or someone else would benefit from getting help from a different service, within or outside of CAMHS; we can provide advice and signposting to other services.

HOW TO CONTACT?

Please Speak to Mrs Mason

Please be aware MHST is not an emergency service. If you are in need of urgent support please call 111.