



Date: 15/10/21

Tel: 0115 8760167

Dear Parents/Carers

We wanted to take this opportunity to introduce ourselves to the school community and outline our role and the work we may be doing within Outwood Academy Portland.

We are your schools appointed Trainee Education Mental Health Practitioners (EMHP) and we work within the Mental Health Support Team. As part of our role we deliver Low Intensity Cognitive Behaviour Therapy (CBT) to support children and young people who are experiencing feelings of anxiety and low mood. These interventions can be delivered on a one-to-one basis or within group work.

If your child is experiencing feelings of low mood or anxiety they can access our services by referring into our service. If you feel you would like further information or support please have a chat with school or you can complete a self-referral with CAMHS Single Point of Access (SPA) using the following link: <https://www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral> or you can scan the QR below:



If you require any additional information, please do not hesitate to contact us.

Yours sincerely,

*Victoria Daniels*     *Gemma Polyak*

Victoria Daniels & Gemma Polyak  
Trainee Education Mental Health Practitioner (EMHP)



Victoria Daniels



Gemma Polyak