

MENTAL HEALTH IS IMPORTANT



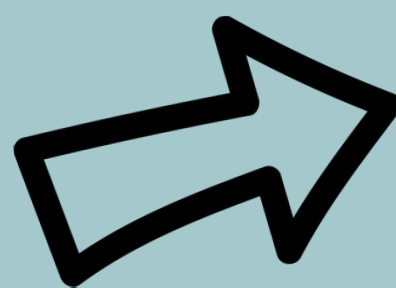
Got questions? Want some support?

As your school's Education Mental Health Practitioners (EMHP's) we want to support you the best we can.

If you feel you are experiencing mental health difficulties and want some support there are several options available to you.

Here are a few of the services we offer

If you would like further information on any of our services please have a chat with your learning manager or a trusted member of staff.



 **GROUP WORK**

 **WORKSHOPS**

 **FACE-TO-FACE**

 **MICROSOFT TEAMS**

You can self-refer into our service via
nottinghamshirehealthcare.nhs.uk
or you can simply scan the QR code to access the form

