PARENTS... MEET EMMA

WHO AM I

I am Emma, I am a Education Mental Health Practitioner (EMHP) at Compass BE.

WHAT I DO

My role is to support children and young people with their mental health. I do this through one-to-one sessions, group work, classroom workshops, and by working with school staff and parents including parent-led CBT and consultations. The aim is to make sure young people can access the help they need within a familiar school environment, helping to bridge the gap between education and mental health support.



WHY AM I HERE

As part of my role, I will be in school every Wednesday this half term. This will allow me to build rapport with students, staff, and parents/caregivers. Through this hands-on approach, I can tailor support to the unique needs of each school community, offering advice to schools and families. This will create a positive impact on the mental health and well-being of the whole school community.

HOW CAN I HELP

9th September and 14th October
Playground meet and greet 8:30

7th October 2026
Coffee morning 08:50-09:50am

Workshops
Groupwork
1:1 Support
Parent/Carer workshops
Advice
Consultations
Staff training

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