

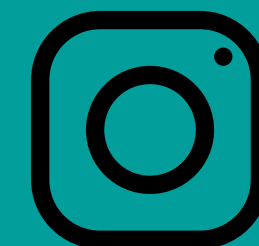


WHO ARE RISE?



The
Children's
Society

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North East and
North Cumbria



Department
for Education

RISE Team

The RISE mental health support team is part of the Newcastle Gateshead ICB, NHS and DFE Mental Health in Schools programme. EMHP's from the team work in schools and colleges and support young people with mild to moderate mental health needs.

**Your EMHP is
Gemma
(she/her)**



Who Are We?

We are qualified Education Mental Health Practitioners or EMHPs for short.

All EMHP's attended university to complete a PGDip in Mental Health and Emotional Wellbeing Studies in the Education Environment.

Education Mental Health Practitioners are trained to assess and support children and young people (CYP) with common mental health difficulties, particularly mild to moderate symptoms of anxiety and low mood/depression. We are also trained in providing a whole school approach to supporting mental health.

We work with children and young people aged 5-18.

We use Low Intensity evidence-based interventions, such as Cognitive Behavioural Therapy (CBT) and behavioural activation.

How do we support CYP?

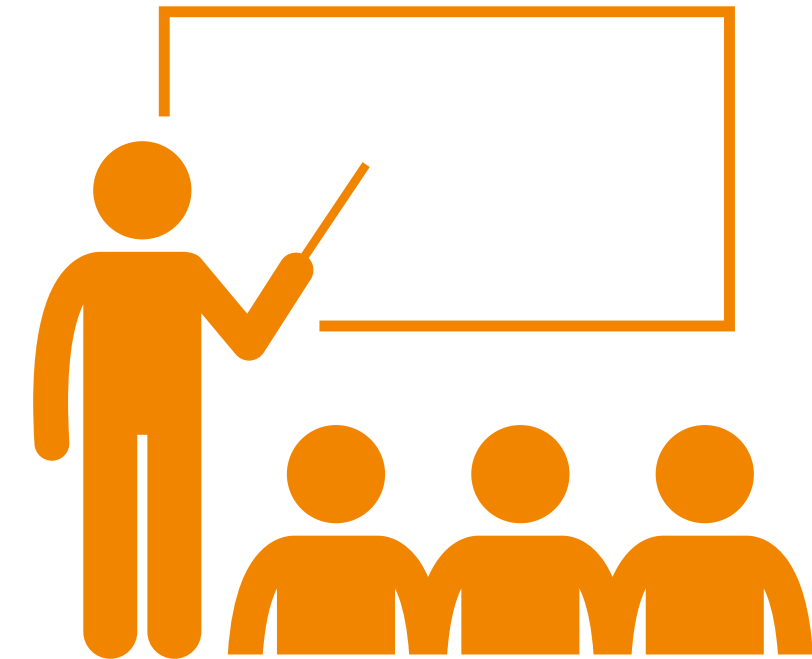
We work with children in lots of different ways:

1:1 work

Small group work

Class workshops

Whole school assemblies



We work with children on:

Anxiety/worry

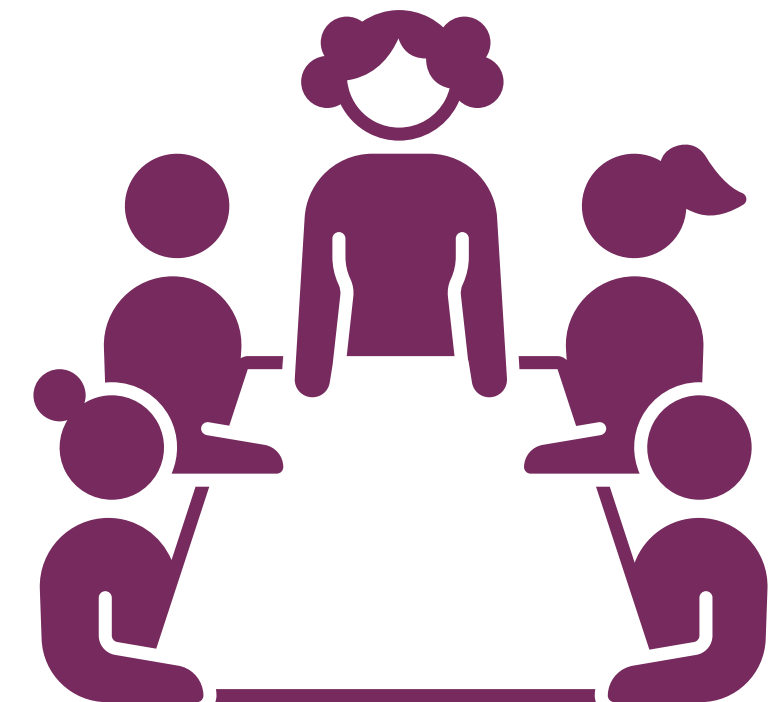
Low mood

Self-esteem

Understanding our emotions

Managing exam stress

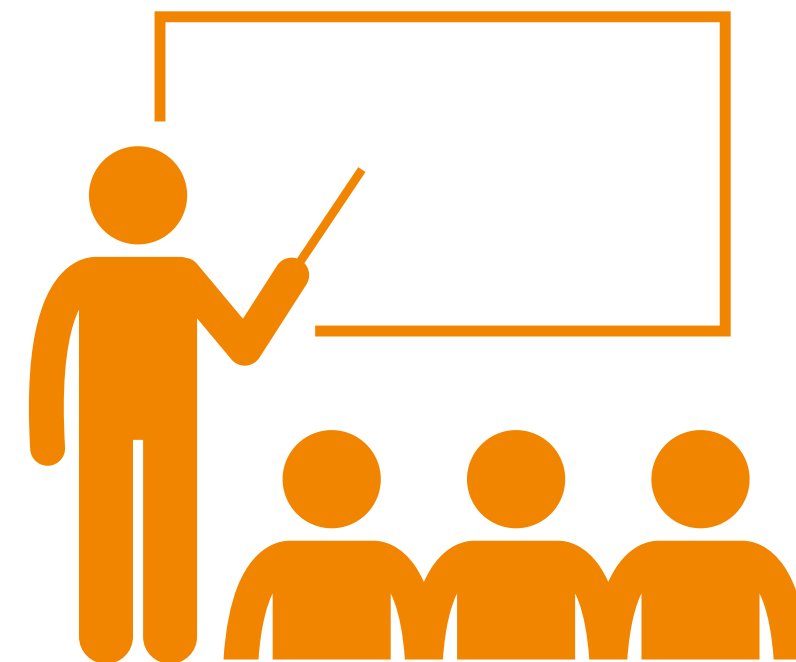
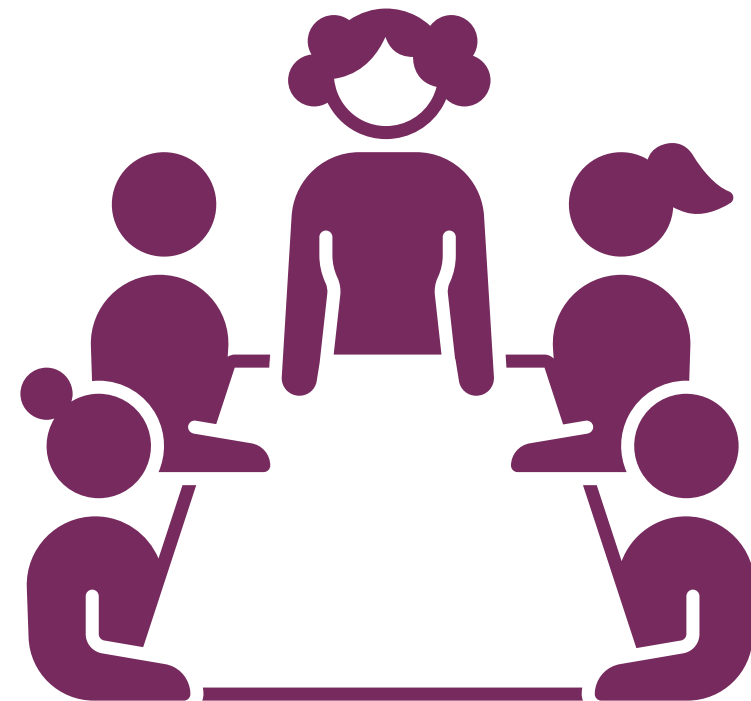
Sleep



What other support do we offer?

- Staff training sessions
- Signposting to other local and national services
- Parent/carer workshops (online or in person)

At RISE we believe that working together (parents/carers, school staff and wellbeing professionals) is the best way to provide holistic support to children and young people.



Parent/Carer workshops

We can provide parent/carer workshops on:

- Supporting your child with anxiety/worry
- Supporting your child with low mood
- Building your child's self-esteem and/or resilience
- Emotional regulation
- Supporting your child with exam stress
- Healthy sleep
- Looking after your own (parents/carers) mental health and wellbeing

Please look out for any parent/carer workshops organised by your school in the future as this is a great way to be able to further support your child or young person.



If you have any questions regarding the work that RISE does or any upcoming parent/carers workshops please contact school and they will pass them along.

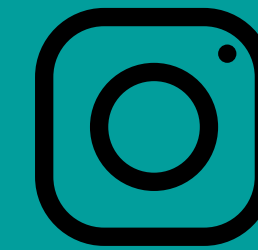
Additionally we have information about RISE on our online platforms - see the next slide for details.

THANK
YOU!



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