

CWP offer for schools in Crewe

School is part of the MHST project
[\(click here for a list of schools\)](#)



CYP with [mild/moderate mental health difficulties](#) can be discussed with link EMHP and/or referred into the service for direct intervention using the referral form.



If school is unsure of appropriateness of referral or feels direct work not necessary –

- Professional consultation
- Psychoeducation workshops
- Group work
- Training for staff

can be discussed with link EMHP.

School is not part of the MHST project



If school would like consultation to discuss strategies / seek support / consider signposting / access training, contact the [Emotionally Healthy Children and Young People's service](#)



If CYP is experiencing moderate to severe mental health difficulties and direct work is required, refer via the [All age wellbeing hub](#).

For immediate support, CWP's 24 hour all age crisis line is available on 0800 303 397

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Quick guide to Education Mental Health Practitioners (EMHPs) and Mental Health Support Teams

Evidence based interventions for CYP and parents using CBT informed approach

Psycho-education workshops for CYP, parents and/or staff

Training and support for staff

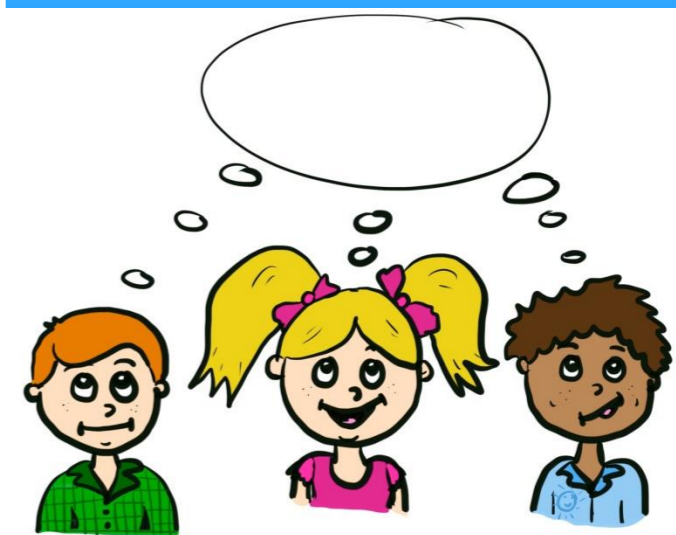
Working with mild – moderate mental health difficulties with recent onset

Additional support for school – “as well as” not “instead of”

Support school with adapting ‘whole school approach’ to mental health



Liaise with other services and help to signpost on if not an appropriate MHST referral



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EMHPs CAN do / work with...

Mild – moderate difficulties

Behavioural difficulties –
identification, brief parenting support

Anxiety/Avoidance:
e.g. simple phobias, separation anxiety

Low mood - using brief behavioural activation

Panic management

Problem solving

Worry management

Assessing self-harm and supporting with alternative
coping strategies.

(Pupils with history of self-harm, but not active)

Thought Challenging – negative automatic thoughts

Sleep Hygiene

Training parents to support interventions with children

Training school staff to support with interventions

Signposting to onward agencies if not appropriate

EMHPs DO NOT do / work with...

Moderate – severe difficulties

Conduct disorder, anger management, full parenting programmes
(e.g. Triple P, Solihull Approach).

Chronic depression

Treatment of parents' depression and anxiety.

Anger management training,

Low self-esteem, social anxiety disorder

Extensive phobias e.g. Blood, needles, or vomit phobia

Severe, active, high risk self-harm.

PTSD, trauma, nightmares

Relationship problems

Obsessive compulsive disorder moderate to severe in nature

Moderate to severe attachment disorders

Assessment and diagnosis of developmental disorders and learning
difficulties.

Pain management

Historical or current experiences of abuse or violence

Children that are displaying rigid, ritualistic behaviour
that may or may not be within a diagnosis of ASD

Irritability/Anger as a symptom of depression

Insomnia

Assessment of complex interpersonal challenges

Please discuss any queries with your
designated mental health lead and EMHP

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Crewe MHST schools



Crewe identified schools
Beechwood Primary and Nursey School
Edleston Primary School
Gainsborough Primary and Nursery School
Hungerford Primary School
Leighton Academy
Mablins Lane Community Primary School
Monks Copenhall Academy
St Mary's Catholic Primary School
St Michael's Community Academy
Underwood West Academy
Vine Tree Primary School
Wistaston Academy
Sir William Stanier
Ruskin Community High School