



MENTAL HEALTH SUPPORT TEAM

Name: Julie Clarke

Education Mental
Health Practitioner



All About Me

Hi, I'm Julie, from the Mental Health Support Team (MHST) working within Moor First School.

I am an Education Mental Health Practitioner (EMHP) and my role involves supporting young people and their families with mild to moderate mental health challenges using Low Intensity Cognitive Behavioural Therapy (LICBT). Together we work to identify and address difficult emotions and feelings.

I work in partnership with the school's Mental Health Lead to deliver a whole school approach to mental health; this includes educational workshops, groups, and training to reduce the stigma of mental health and improve outcomes for the whole school community.

Our Core Offer

I support pupils with:

- Worry Management
- Anxiety
- Panic Management
- Low Mood
- Sleep
- Problem Solving
- Exam Stress

If you would like to know more, please speak to Mrs Atherton (School Mental Health Lead) or email: mhstenquiries@combined.nhs.uk



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All About Me

- I'm always COLD 😊
- I have a chocolate labrador - Bella
- I love a roast chicken dinner & chocolate.
- I'm not a fan of rainy days, because I love the sun!

Top Tips for Life

Talking about your feelings is the first step to feeling better.

Believe in yourself.

Be kind to yourself and others.

Eat well, stay active & get enough sleep.

Hobbies/Interest

- Baking yummy cakes & biscuits.
- Going to the cinema & theatre.
- Spending time with family & friends.
- Long walks in nature with Bella.

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