



Greater Manchester Mental Health NHS Foundation Trust

Hello, my name is:
Holly Broughton-Ward

Who are Bolton Mental Health Support Team (MHST)?

We are a new service working with Bolton schools and colleges to support children and young people experiencing mental health difficulties.

Our goals are:

- 1) To provide evidence-based interventions for mild to moderate mental health issues.
- 2) To work with teaching staff to develop whole-school approaches to support everyone's mental health.
- 3) To give advice and liaise with external specialist services to help young people access the right support and stay in education.



I'm a Trainee Educational
Mental Health Practitioner

What is an Educational Mental Health Practitioner (EMHP)?

EMHP's and Trainee EMHP's work across education and healthcare to provide evidenced based, low level mental health support for children and young people in schools and colleges.

My allocated day with your school is:

THURSDAY

I can also continue to support children and young people during school holidays.

A bit about me:

I have a dog and a cat.

My favourite TV series is Grey's Anatomy.

My favourite actor is Ryan Reynolds.

How can I help?

I am training to work with children and young people who may start to experience symptoms of:

Anxiety, Worry or Low Mood

I am training to provide:

- Support and advice to school staff,
- Mental Health assessments,
- Cognitive Behavioural Therapy (CBT) informed 1:1 and group intervention with either children, young people, or parents,
- Workshops and training for children, parents, and teachers,
- Whole School Approach.

I look forward to working with your school and meeting you soon!