

# EWMHS EP telephone helpline for all Essex Schools



## Re-launching September 2019!

- Thursday afternoons between 12pm and 4.30pm (term time)
- For *any* school staff with concerns about the emotional well-being/mental health of children/young people they work with
- Discussions around general themes (e.g. anxiety, depression)
- Opportunity for *confidential* consultation/problem-solving in pre-booked 35 minute slots. Not for discussing individual children/young people but discussion on any emotional wellbeing or mental health theme/issue
- Six bookable slots offered each Thursday (term time): 12.00pm, 12.45pm, 1.30pm, 2.15pm, 3.00pm & 3.45pm
- Run by the EWMHS EPs on a rota: Kate Barnett, Laura Barton, Natasha Colley, Jane Tyndale-Biscoe, Sophia Wareham
- Not for referrals or signposting for support: please use the EWMHS Single Point of Access (☎ 0300 300 1600)
- Book your consultation by emailing

[EWMHSSchoolsadviceline@essex.gov.uk](mailto:EWMHSSchoolsadviceline@essex.gov.uk)

stating your name / role in school / telephone number

- You will be contacted by an EWMHS EP with the offer of the next available date and time slot.