

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

Hello, my name is Shawn and I am a trainee education mental health practitioner (EMHP) for the InsideOut Team, the South Tees Mental Health Support Team.

I started this role in September after leaving my role as a secondary school teacher. This role caught my eye as I saw first-hand the impact which poor mental health can have on young people in school, and I wanted to have the opportunity to support those who needed it. As an EMHP I am now able to support young people with low mood, anxiety, and many more issues they may be facing; as well as supporting the school with how they manage mental health within the school.

So far, my personal highlights have been completing assemblies in my secondary school, with the aim of breaking the stigma around mental health- a subject which I am passionate about. I have also worked with a group of year 6 students to develop the skills to make the transition to secondary school easier to manage.

I have loved my time with the InsideOut team, especially because when there is a young person that I am not able to support, I know that someone else in the team will have the skills needed to help them!

To find out more about the InsideOut team, speak to the EMHP in your school!















