

Hello, my name is  
Emma Freeman

### Who are Early Break Mental Health Support Team (MHST)?

We are a service that works with Bury/HMR schools and colleges to support children and young people experiencing mental health difficulties.

We offer low level early Intervention/preventative support for low mood, anxiety, worry and behaviour difficulties.



I am an Early Break  
MHST Practitioner

### How can I help?

I'm trained to help children and young people experiencing mental health symptoms such as:

**Anxiety, Worry or Low Mood**

### Who to ask for support

For Parents/Staff:

- Teacher/Staff Members
- Mental Health Lead

For Children:

- Parents
- Teachers
- Mental Health Lead
- Any trusted adult

### What do I do?

Support children, young people or parents on a 1:1 basis or in a group for 6-8 sessions.

Work with teachers to make school an emotionally friendly and supportive place for all.

Support schools/colleges with their mental health offer, e.g. advice, signposting, staff training, parent/carer workshops.

### A bit about me



I have an undergrad & masters in clinical psychology and love working with/ helping young people!

I have a dog called Kika. I enjoy taking her for walks with my family and doing CrossFit.

I love all things Disney and love going to Disney World in Florida!



My allocated day  
is

Monday

For any further  
questions please email

[info@earlybreak.co.uk](mailto:info@earlybreak.co.uk)