

Hello, my name is
Naomi Unsworth

Who are Oldham Mental Health Support Team (MHST)?

We are a new service working with Oldham schools to support in early intervention for 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 each school's Senior Mental Health Lead to develop whole school approaches to better supporting everyone's mental health.
- 3) To give advice to school staff and liaise with external specialist services, to help children and young people to get the right support and stay in education.



I'm an Education Mental
Health Practitioner

What is an Educational Mental Health Practitioner (EMHP)

We 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'm passionate about health and wellness, with a strong interest in fitness, running and I enjoy a wide variety of music. I ran the Manchester Marathon in 2024 and 2026, and I am training to complete another Marathon in June 2026. I am also an animal lover, and I enjoy spending time with my dog and cat at home.

How can I help?

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

Anxiety, worry or low mood

I provide

- Support and advice to school staff
- Assessments in school
- Cognitive behavioural therapy (CBT) informed group and one to one intervention (typically lasting for 6 – 8 weeks) with either children, young people, or parents.
- Workshops and training for children, parents, and teachers.

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