

The promotion of health and wellbeing in children and young people is paramount for preventing long term mental health problems. Therefore, as part of the government’s brand new initiative we are delighted to be part of the new Mental Health Support Team working in the Bradford East area.

The team work on a 1:1 basis with children and young people who are presenting with mild to moderate mental health issues. We have a variety of interventions which would be suitable for young people experiencing things such as Low Mood, Anxiety, Phobias, Anger/Irritability and Sleep problems. We also work with parents/carers for a number of interventions including Parent Led CBT and our parenting programme for conduct problems.

As well as 1:1 interventions we implement a Whole School Approach within our settings - working with all staff, parents and pupils. We work closely with schools to help them identify social, emotional and mental health issues as early as possible using our consultation/advice offer.

## Meet the Bradford-East Team

**Lorna**



Systemic Family  
Therapist / Supervisor

**Ange**



CBT Therapist /  
Supervisor

**Louise**



Senior Mental Health  
Practitioner

**Tracey**



Senior Mental Health  
Practitioner

**Zahid**



Senior Mental Health  
Practitioner

**Lesley**



Education Mental  
Health Practitioner

**Sherise**



Education Mental  
Health Practitioner

**Hannah**



Education Mental  
Health Practitioner

**Halima**



Education Mental  
Health Practitioner

**Debs**



Specialist Administration  
Coordinator

### Primary Schools

Iqra Academy	Sherise
Miriam Lord	Sherise
Westbourne	Hannah
Atlas Community	Hannah
Grove House	Lesley
Wellington	Halima
Green Lane	Halima

If you would like to get in touch regarding any Mental Health concerns with a child or young person, please speak to your representative Education Mental Health Practitioner at your school Alternatively, email our team on [mhst@bdct.nhs.uk](mailto:mhst@bdct.nhs.uk)

*(Please allow 5 working days for a response from our Admin, who will pass your concerns to the most suitable member of the Team.)*

### Secondary Schools

Hanson School	Lesley
Oastlers	Lesley
Feversham Academy	Hannah
Laisterdyke Academy	Sherise
One in a Million	Halima

## Acronym Buster

**MHST**

Mental Health  
Support Team

**EMHP**

Education Mental  
Health Practitioners

**CBT**

Cognitive  
Behavioural Therapy