

Meet your EMHP!

All About me...

Hello! My name is Emma Codd and I work for the Mental Health Schools Team across the Uttlesford area.

My favourite things are:

Visiting beaches



Being in the sunshine



Chocolate!



What is an MHST?

My job is to work with primary and secondary schools to provide early support for children and young people with anxiety and/or low mood. This could be through 1:1 sessions or small group interventions. To encourage children and young people to talk more freely about their own mental health and the mental health of others.



Signs of anxiety:

A persistent fear or feeling of worry

Trouble sleeping

Feeling tense and fidgety

Finding it hard to concentrate

Signs of depression:

Feeling irritable or grumpy a lot of the time

Lack of confidence

Sadness or low mood that does not go away

A loss of interest in activities that you previously enjoyed

Experiencing these feelings for at least 2 weeks