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1.1 Introduction

Every individual has the right to receive appropriate care and support, making Health and Social Care roles essential in meeting these needs. In recent years, this sector has played a key role in promoting physical, emotional and mental wellbeing. There has been an increasing focus on specialised roles such as the Education and Mental Health Practitioner (EMHP), particularly in supporting children and young people. According to the NHS (2025), EMPHs provide early intervention and support within educational settings. The aim of this report is to explore this role, including its responsibilities, required skills and impact on individuals.

2 Education Mental Health in the Health and Social Care Field

2.1 Description of Education Mental Health in Health and Social Care

The role of an Education and Mental Health Practitioner (EMHP) is essential within the Health and Social Care sector, particularly in supporting the mental wellbeing of young population. EMHPs work in educational settings in collaboration with Mental Health Support Teams, which contribute to the early identification of common mental health issues such as anxiety or depression, helping to prevent them worsening while providing support and guidance. This highlights their significant influence in supporting young people during critical stages of development.

Additionally, this role has a range of key duties and specific skills, which include assessing the mental health needs of young people, delivering low-intensity interventions such as cognitive behavioural therapy (CBT), and providing both one-to-one and group support sessions. They also work closely with teachers, parents and other specialist services when necessary. According to NHS careers (2025), EMHPs are trained to offer early intervention and support through evidence-based approaches. Furthermore, strong communication, empathy and organisational skills are essential, as they enable practitioners to build trust and respond appropriately to individual needs, ensuring effective support.

2.2 Explanation of Most Significant Skills Needed for Education Mental Health in Health and Social Care

A **good understanding of mental health** is one of the most important skills required for an Education and Mental Health Practitioner, as they work with young people experiencing difficulties such as anxiety, depression and behavioural problems. They must be able to recognise symptoms and understand their impact in order to provide appropriate support. For example, recognising early signs of anxiety in a student allows the practitioner to provide support before the condition worsens. According to the World Health Organization (2025), mental health is a key component of overall wellbeing, allowing individuals to cope with stress and function effectively in daily life. In addition, NHS sources highlight that EMHPs are trained to assess and support young people using evidence-based approaches. This shows that strong knowledge of mental health is vital for effective intervention.

Having good communication skills are essential as EMHPs need to interact with a range of audiences. Practitioners must explain complex mental health concepts clearly, both verbally and in writing and also need to actively listen and understand individuals' experiences. For example, an EMHP may explain coping strategies to a student experiencing anxiety in a simple way, ensuring the individual understands how to manage their emotions. Effective communication helps individuals feel understood and supported, which improves the overall quality of care provided. Therefore, communication is key to achieving positive outcomes.

Interpersonal skills or the ability to build relationships are essential for EMHPs. Establishing rapport helps create a safe environment where individuals feel comfortable sharing their thoughts and emotions. This is particularly important, as many young people may feel anxious or reluctant to discuss their mental health. For example, showing empathy and understanding can encourage a student to open up about personal experiences. This leads to more effective support and better outcomes. Therefore, strong interpersonal skills are crucial in helping individuals feel respected and more willing to engage with the support.

If practitioners do not have these essential skills, the quality of care and support provided may be significantly affected, potentially worsening a young person's condition, while poor communication may cause misunderstandings and make individuals feel unsupported. Additionally, without strong interpersonal skills, it can be difficult to build trust, which is important for successful outcomes. Research by YoungMinds (2025) found that 74% of teachers believe poor mental health support negatively affects students' ability to learn.

This highlights the importance of these skills in ensuring both effective support and positive educational experiences.

3 Strategies for Skill Improvement for [INSERT YOUR ROLE HERE]

3.1 Three Strategies to Improve the Skills for [INSERT YOUR ROLE HERE]

One effective strategy to improve communication skills is attending in active listening and communication. This helps practitioners develop the ability to listen carefully, respond appropriately and adapt their communication style to different audiences. For example, an EMHP may use active listening techniques, such as maintaining eye contact and responding empathetically, when supporting a young person experiencing anxiety. Research shows that effective communication in healthcare improves patient outcomes and reduced misunderstandings (ScienceDirect, 2013). Therefore, communication training is essential in helping practitioners develop clear and effective interactions, leading to better support for individuals.

A further strategy to improve understanding of mental health is engaging in continuous professional development (CPD), such as attending courses or workshops. This helps practitioners stay up to date with current knowledge about mental health conditions and evidence-based interventions. For example, attending training on anxiety or depression can improve a practitioner's ability to recognise symptoms and provide appropriate support. Research highlights that mental health is a complex and multidimensional concept, involving both the absence of mental illness and the presence of positive wellbeing (Academic Medicine, 2016). Therefore, continuous training is essential in helping practitioners develop a deeper understanding of mental health and provide more effective and informed care.

A final strategy to improve interpersonal skills is receiving supervision and feedback from experienced professionals. This allows practitioners to reflect on their interactions and identify areas for improvement, particularly in building trust and rapport with young people. For example, a supervisor may provide feedback on how practitioner shows empathy or responds to young person's emotional needs. Research highlights that interpersonal communication skills, such as empathy, active listening and responding to verbal and non-verbal cues, are core skills in healthcare practice (Prasanna et al., 2023). Therefore, supervision and feedback play a key role in developing these abilities, helping practitioners build stronger relationships and provide more effective support.

4 Conclusion

In conclusion, the role of an Education and Mental Health Practitioner is essential in supporting the mental wellbeing of young population within Health and Social Care. This report has highlighted the value of key skills such as understanding mental health, communication and interpersonal abilities in delivering effective support. It has also explored strategies including training, supervision and continuous professional development to improve these skills. These elements are crucial in ensuring that practitioners provide high-quality care and build positive relationships with service users. Overall, developing these skills contributes to better mental health outcomes and supports individuals in leading healthier and more fulfilling lives.

5 Reference List

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