

Mental Health Support Team



Who are we?

We are your school's Educational Mental Health Practitioners and we are here to support you!



How can we help?

We can work with individuals and groups to help manage...

Anxiety (feeling tense, worried or fearful)

Low mood (feeling down, unmotivated or not enjoying life)



We offer workshops to help you better understand your mental health, manage exam stress, self esteem and similar topics.

How can I receive support?

Speak to your tutor, pastoral care, or students services for more information and to make a request for support