



Mental Health Support Team









Who are we?

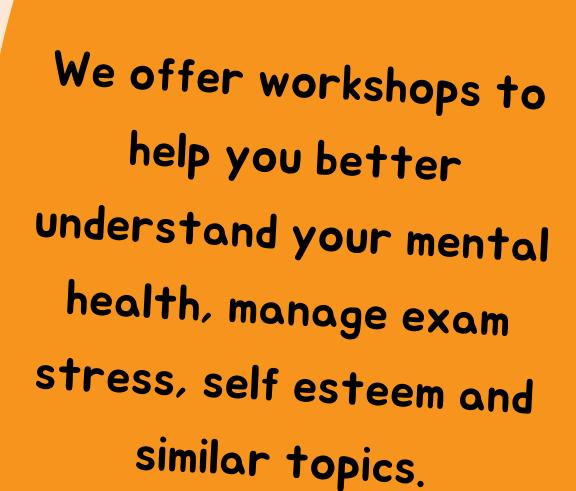
We are your school's Educational Mental Health Practitioners and we are here to support you!



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)





How can I receive support?

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