

## MENTAL HEALTH SUPPORT TEAM



Sarah



Rachel



Lesley

Hi! We're the Mental Health Support Team based in school. Rachel and Sarah are your Education Mental Health Practitioners and Lesley is your Senior Mental Health Practitioner. Team will be based in school Tuesday and Thursday each week.

We're here to help if you feel like you may be worrying about things a little too much, feeling down more than you'd like to or struggling with anything please **speak to a member of staff**. They will complete a referral form with you, contact us and we will decide together what the best support options are for you.

You might see Rachel, Sarah and Lesley around school from time to time so don't hesitate to come see us if you need us.

### FIND US ON OUR SOCIALS:



To keep up-to-date with everything our team is up to, follow us on our Instagram and Twitter accounts. We post top-tips, motivation quotes and regular updates!

**@BDFCT\_MHST**

