



# Hello from your Mental Health Support Team!

We are Mental Health Practitioners that work in schools, just like yours! We help children that may be having a tricky time or struggling with feelings such as worrying, feeling sad or anxious.

Speak to your parent, carer or school staff if you think you may like help from us!

If we feel there are some things we could help you with we can come to see you in school.

We would bring our bag of tools (and games!) into school. We would help you to create your own toolkit of things that could help you to feel better.

