

Hello! I am Loretta Askill from the Wellbeing Emotional Support Team (WEST) and I am the Children's Wellbeing Practitioner for your school.



### Introduction

I work with children and young people to provide support with their mental health and wellbeing. This can be around worry, anxiety, anger or low mood.

These kinds of feelings are quite common and can affect how we feel at home, at school and with friends.

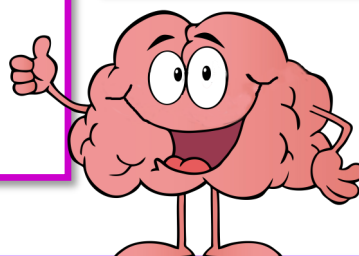
In 1:1 or group sessions, we work together to help understand those thoughts and feelings, and then create a plan to help you feel better.

Before joining the WEST team, I taught in a primary school in Worcester for over ten years, so have lots of experience of working with children of all ages in a primary setting.



### How to get support

If you're struggling with your feelings, you're not alone. Please speak with a teacher at your school if you think we can help support you.



### Further information

We have lots of practical tips and advice on our website, as well as further information about what we do. <https://camhs.hacw.nhs.uk/west>