

Hello, my name is Steph from the Wellbeing Emotional Support Team (WEST). I am the Wellbeing Practitioner for your School. I am also a registered Social Worker.



Introduction

I work with many young people that are experiencing symptoms of common mental health difficulties. For example, worry, anxiety, anger and low mood.

We all might experience something like this at some point in our life, these feelings and experiences might be more common than you think. Sometimes it can affect our mood and day to day life, therefore it's useful to get some support.

I provide 1:1 and group sessions, which will be a type of support. The aim of sessions, is to work together, to better understand your thoughts, feelings and behaviour. We would also explore strategies to help you feel better.



How to get support

If you're struggling with your feelings, you're not alone.

Please speak with a teacher at your school if think support would be useful.

Further information

We have loads of practical tips and advice on our website, as well as further information about what we do.

<https://camhs.hacw.nhs.uk/west>

