





## **Mental Health Support Team**

We all need a little extra support from time to time, so if you are feeling low or anxious and would like to talk about your feelings, we are here to help.



Emma Turner
Educational Mental
Health Practitioner



Salma Mahmood
Parent & Community
Worker

To get support ask a member of staff in school to get in touch You might see us in school, so feel free to come and see us for a chat if you need some advice or support.