

Hi, my name is



Abi

**And I am from Sefton's
Mental Health Support
Team**

About Me

I'm 27 years old, and my job is called an **Education Mental Health Practitioner**.

This means that I go into all different schools to help young people with:

**Worries
Low Mood
Emotions
Fears**

and many more things, to help you feel better!

How I Help

Sometimes I will have a chat with 1 young person at a time to help them, other times I might do some sessions with a group of young people, or sometimes I will work with parents and carers too.

This depends on what is going on for you, and what we think will help the most.

How do I find you?

If you would like to know some more about getting some help with your thoughts and feelings, you can speak to any teachers or adults in school, or your parent/carer.

Facts About Me

- ★ My Favourite film is Shrek
- ★ My favourite animal is a sloth
- ★ I really don't like Strawberries!