

Mental Health Support in School



Hi, I'm Fatimah!



About Me

- I have 5 younger siblings so I know what a full house is like!
- I'm terrified of frogs but we're all scared of something, right?
- I love travelling and exploring different cultures and places
- Most of all, I love my job and feel passionate about supporting young people like you :)

Reach out for help if you're:

- Struggling with a phobia, anxiety, stress, panic, low mood or sleep
- Feeling worried or overwhelmed by negative thoughts
- Wanting to learn ways to manage your emotions or improve your wellbeing

How can you access support?

Speak to your Class Teacher or a Trusted Adult in school - **they can help with a referral**

You might see me on the playground at lunchtime - you can talk to me then about getting support too!