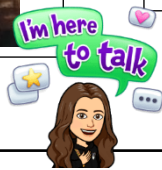


Hi, I am Alex



My job is called a Children's Wellbeing Practitioner.

I work with children, young people and their families to support well-being.

Normally I see children, young people and their families in their schools, but I can also meet them online over a video or phone call.

What might I like to get better at....

I.T.

Cooking

Time keeping



What is important me....

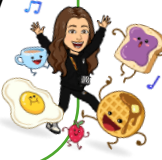
My Friends and Family

Helping others

Self-care

Animals especially dogs

And FOOD!



People describe me as....

Fun

Kind

Curious

Supportive



Here are some feelings that I might help you with....



Nervous



Angry



Frustrated

Sad



Confused



Anxious

Overwhelmed



Worried



What might I do to help you at school?

Support you if you are experiencing low mood or worries.

Help you understand your feelings and finding ways to manage those feelings.

Work out what is going well for you and what you would like to change.

Best care by the best people

