

Hi I am Amelia



My job is called a Mental Health 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.



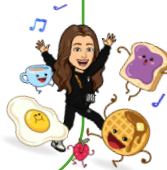
What might I like to get better at....

- Dancing
- Running
- Sewing



What is important me....

- My Friends and Family
- Helping others
- Cooking
- Self-care
- Being outdoors



People describe me as....

- Kind
- Caring
- Silly
- Supportive



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



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

