

# The Wellbeing in Mind Team



## Wellbeing in Mind Team

### What we do

We provide care and interventions for young people including support for difficulties including low mood, anxiety, worry and stress.

We also provide advice and training on mental wellbeing issues to school staff, helping them to support you.

We also work closely with other services so that those with more complex problems can get the right help, from the right people, more quickly.

### Who we are

We are a team of NHS staff, working in schools to offer support to students experiencing common emotional wellbeing difficulties.



**Nicola Parker**  
Senior Clinician



**Emily Allen**  
Educational Mental Health  
Practitioners (EMHP's)



**Claire Moss**

### Why we do it

Difficulties you experience in your child and teenage years can affect things like your work, friendships and home life.

Having the right support available when and where you need it can help to lessen the impact difficulties like stress or anxiety have on you; both now and in the future.