

MENTAL HEALTH SUPPORT TEAM



Lesley



Halima



Zahid

Hi! We're the Mental Health Support Team based in school. Halima and Lesley are your Education Mental Health Practitioners, who will be in school Mondays and Tuesdays.

We're here to help if you feel like you may be worrying about things a little too much, feeling down more than you'd like to or struggling with anything please **speak to a member of staff** or complete a **self-referral form** and pop it in **The 'Student Voicebox' outside room 218**.

You might see Halima and Lesley around school from time to time so don't hesitate to come see us if you need us. You may find that your difficulties are a little bit bigger and Zahid (Senior Mental Health Practitioner) will be able to help.

FIND US ON OUR SOCIALS:



To keep up-to-date with everything our team is up to, follow us on our Instagram and Twitter accounts. We post top-tips, motivation quotes and regular updates!

@BDFCT_MHST

