

# ABOUT ME

# Hello



This is me ...



**Who am I?**

My name is Jas and I like music and pizza!

**What I do**

I am an Education Mental Health Practitioner. I work with parents whose children may be feeling sad, anxious or worried. This may be individually or as a group of parents

**What we might do...**

- Run coffee mornings so you can ask questions about mental health
- Support parents to support their children, e.g. challenging behaviour or anxiety
- Support school staff with training and support

I am in your school on Tuesday Afternoons

If you see me, come and say hi!



If you think you might like to speak to me, talk to your mental health lead who will make a referral. I look forward to speaking to you!