



Hello, I'm

Amy Laverton

My role is Education Mental Health Practitioner.

MHST INFO

I work in an NHS Team called the Mental Health Schools Team (MHST). I work with children and young people, parents/carers and schools.

MY FAVOURITES



Food... Pizza!



Animal... Dogs



Colour... Green



Movie... Avatar



Music... RnB!

HOW I LIKE TO CHILL OUT



Chill with Vinnie



Journal



Walk on the beach

HOW WE CAN HELP YOU

Together we will talk about your wellbeing to see what kind of support will best help you.

Based on this conversation, we may be able to offer you cognitive behaviour therapy (CBT). CBT focuses on your thoughts and your behaviours, and how these impact on your emotional wellbeing.

We want to understand what you are feeling and together we can look at ways to help you move towards your goals.

CONTACT



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USEFUL APPS & WEBSITES



Chill Panda (4+)



Mindshift (12+)



Smiling Mind (3+)

www.childline.org.uk
www.kooth.com

www.stem4.org.uk
www.youngminds.co.uk

TEXT 'SHOUT' TO 85258 here for you 24/7

