



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



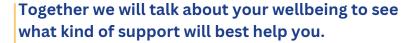
Journal



Walk on

HOW WE CAN





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





Southampton MHST

1st Floor, Adelaide Health Centre
William Macleod Way Southampton
Hampshire,
SO16 4XE

USEFUL APPS & WEBSITES



Mindshift (12+)



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



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

