

About Me

Who Am I?

My name is Jo, I am a Education Mental Health Practitioner. I like listening to music and walking my dog Sonny.



What I do

- I work with children who might be feeling anxious, sad or worried.
- I will meet with them on their own, or with their family to figure out what is going on.
- Develop a plan on how I can help

If you would like to speak to me, let your teacher know, who will make a referral and then I will get in touch.

I look forward to meeting you and learning more about you soon!



What we do together?

- Talk about what is bothering you and think of ways to help.
 - Some questionnaires.
- Learn new skills to manage what was bothering you.

Come say hello if you see me in school!



Sefton Emotional Health Partnership
Mental Health Support Team's in Schools