

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 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.

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!

Come say hello if you
see me in school!



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