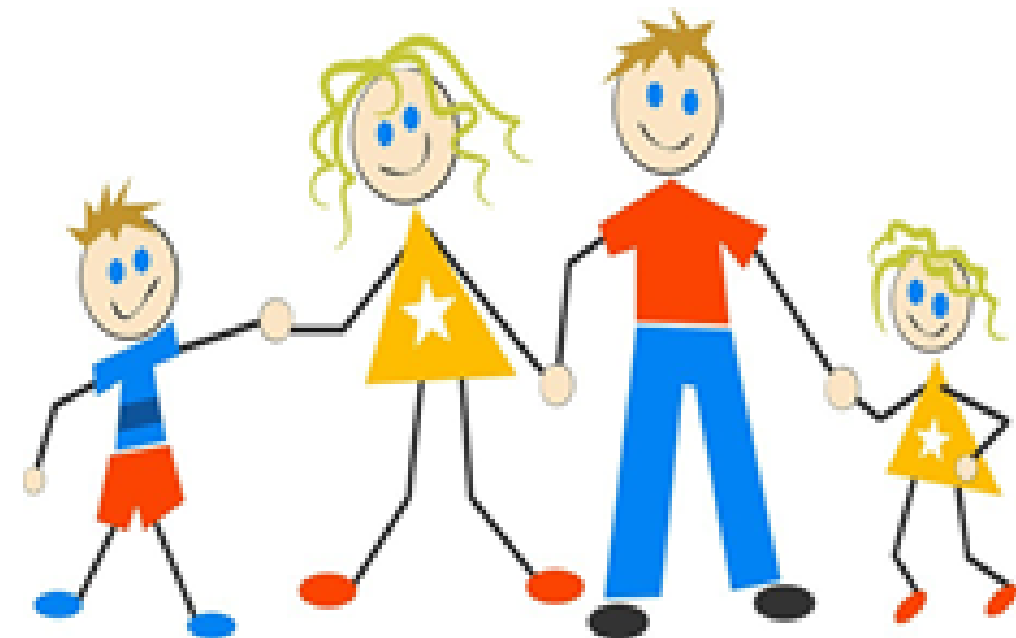


# THE MENTAL HEALTH SUPPORT TEAM

## KATHRYN HOWDEN (EMHP)



Is in your school on:  
**Tuesdays**  
**9.30am-12.30pm**  
**Forest School Room**



**Kathryn can help you with the following:**

**Anxiety**

**Exam Stress**

**Low Mood**

**Low level behaviour difficulties**

**Panic**

**Sleep Difficulties**

