

What I might do to help in your school...

- Work with important adults in your life so they can be even better at helping you
- Work with you and a group of other children to help you understand your feelings and finding ways to manage when they get really big



Cansu



What is important to me...

Family & friends

Swimming

Music

Food

Helping people

Visiting places



What I would like to get better at...

Walking more

Relaxing

Reading more



People describe me as...

Funny

Organised

Kind

Curious

Good listener



What I do...

My job is called Education Mental Health Practitioner (EMHP). What a long title! You can just call me Cansu.

I work with children, young people and their families to support wellbeing. We work out what is going well for you and what you would like to change.

I will mostly meet with your family but everything I do with them is to help you.

Normally I see children, young people and their families in their schools, but I can also meet them online over a video call or phone call.



What sort of feelings I might help with...

i helped.

I might support you and your family if you are having lots of worries or if you are having loads of feelings that burst out sometimes.



They could be feelings such as...



Sad



Nervous



Worried



Frustrated



Angry



Annoyed



Anxious