

HELLO. I'M...

ANNA

THIS IS ME 



ABOUT ME

I am an Education Mental Health Practitioner (EMHP) and a Qualified Primary Teacher with over 8 years of experience working with children and young people. I have a strong commitment to supporting the emotional wellbeing and mental health of children, young people, and their families. With specialised training in evidence-based interventions such as low-intensity CBT and guided self-help, I work collaboratively with schools and in community settings to promote early intervention and preventative mental health support.

My role involves delivering one-to-one and group interventions, offering psychoeducation, and working closely with school staff to build a whole-school approach to mental health. I am passionate about creating a safe, inclusive, and non-judgmental environment where young people feel empowered to talk openly and develop skills to manage their mental health.

FEEDBACK

"Anna listened to me. She took on my worries and thoughts. She made my life an easier and better place." - Y6 Student, Chorley.

"Everything was detailed. I knew what everything was and were to ask if I didn't know. Anna offered a non-judgemental approach and supported my family with challenges." - Parent, Chorley.



WHAT CAN I HELP WITH?

- Anxiety and worry
- Low mood
- Parenting for behaviour that challenges
- Parenting techniques for anxious children
- Signposting and advice
- Groupwork for anxiety
- Whole School Approach to Mental Health

SCAN HERE TO EXPLORE OUR PADLET
OF MENTAL HEALTH RESOURCES



HOW TO GET SUPPORT

- Ask the mental health lead or an adult in school.
- Book a parent consultation with Compass Bloom.



Compass
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CENTRAL & WEST LANCASHIRE
MENTAL HEALTH SUPPORT TEAMS



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