

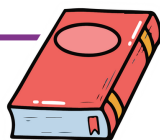
HELLO. I'M...

ANNA



THIS IS ME →

### ABOUT ME



- I work in a Mental Health Support Team
- I am here to help with difficulties such as worries, low mood, fears, or sleep difficulties.
- You may see me around school doing assemblies, 1 to 1 sessions or fun group workshops!

### PEOPLE DESCRIBE ME AS



- Friendly
- Caring
- Smiley
- Cheerful

### WHAT'S IMPORTANT TO ME?

- My family and friends
- My cat
- Being a good person
- Being healthy
- Learning new things

### IF WE WORK TOGETHER



- Talk about your feelings.
- Talk about you
- Talk about what you like
- Agree on the support you would like
- Set goals together

### THIS MAY INVOLVE



- Talking
- Questionnaires
- Drawing
- Activities



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