



I'm Kalim Bryan, a Trainee Education Mental Health Practitioner working with your school on behalf of NHS Wellbeing and Emotional Support Teams (WEST).

I have been with WEST for over one year and have completed the relevant training for this role at the University of Exeter which is accredited by the British Psychological Society (BPS). Prior to this role I studied Psychology at The Open University and worked as a youth mentor in schools around Worcestershire for local charity Mentor Link.

WEST are an early intervention service offer one-to-one and group sessions with children and young people or parents/carers experiencing symptoms of mild-moderate mental health conditions such as anxiety or low mood. We provide support in the form of evidence based low-intensity CBT, which is guided self-help. Details about referrals to our service are available from your mental health lead in school.

WEST also provide group workshops for children, parents, and staff on various topics around mental health and wellbeing. We aim to provide tools to take care of mental health and wellbeing, reduce stigma and misconceptions around mental health.

Looking forward to working with you.