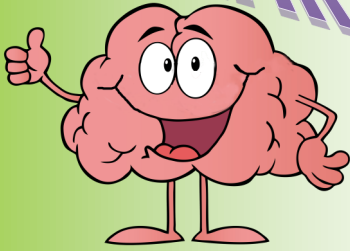


# Sleep Issues

**Im Linda, I am an Advanced Mental Health Practitioner.**

**I am driven and passionate about improving the lives of those with mental health difficulties. I have experience of working within adult services, Early Intervention Psychosis as the CAMHS nurse and I am trained in behavioural family therapy and completed the ASD diagnostics training I have worked CMHT services which increased my passion for ensuring that young people's needs are listened to, despite their diagnosis.**



**Anxiety**

**Bullied**

**Are you under 18 and concerned about your mental health? Are your friends or family concerned about you? If so my role is to offer support to people with mental health issues (Ages 18 and under) to access the right care, at the right time and by the right service.**

**The only exclusion to this is those already working with Secondary Care, or in a crisis.**

**I offer a range of interventions including:**

- **Mental Wellbeing advice**
- **Stabilisation work**
- **Onward referral to appropriate services**
- **Help to build self confidence**

**You can access me via reception, your GP or other health care professional. Ask to make an appointment**

**Autism or ADHD?**

**Depression**

**Psychosis**

**relational issues**

**Suicidal Thoughts**

**Anger**

**Self Harm**