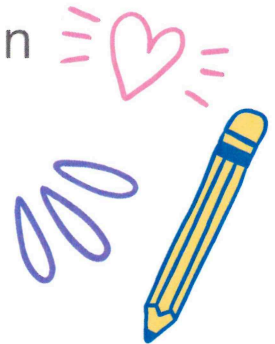




Herefordshire and Worcestershire  
Health and Care  
NHS Trust



Hi I'm Madison Kilgallon  
**Education Mental  
Health Practitioner**  
based in your school!



### About Me:

My role is to support children and young people with their mental health and wellbeing.

I'm part of the Wellbeing and Emotional Support Team (WEST) and we want to provide early support for children and young people's mental health and wellbeing.



### How do I know if I need help from WEST?

If you feel like you are struggling with your worries or feeling sad you might benefit from support from our team.

Please speak to your teacher or a trusted adult about this.