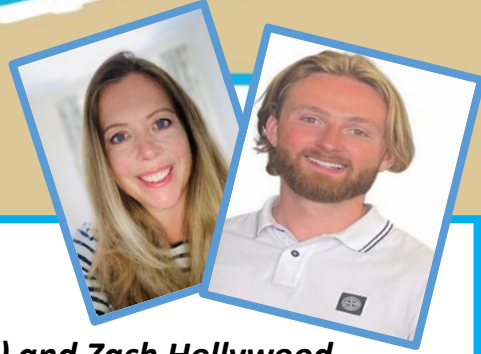




Hello,

We are Sarah Foxall (Clinical Supervisor) and Zach Hollywood (Education Mental Health Practitioner - EMHP for short) working with a number of schools across Exeter, including Bowhill Primary School. We are part of the Mental Health Support Team (MHST) for schools as part of Children & Family Health Devon.

We deliver evidence based one to one and group interventions for young people who need extra support for mild to moderate anxiety or low mood. We also work with staff and whole classes delivering workshops and training around mental health. Please watch our short video to learn more: <https://youtu.be/NqnEoi58-5E>

We look forward to working with Bowhill Primary to support and promote the emotional wellbeing of your school's community.

