

Thought-Full MHST at St Marks CofE School

Thought-Full are the West Sussex based mental health support team.

We see young people, in schools, for common mental health difficulties, such as anxiety and low mood.



Speak to your class teacher, Miss Button, Mrs Henderson, or Miss Kelsey about **Thought-Full** if you want to know more!

Your MHST

Kate



I like LI-CBT because it helps young people to **notice** their **thoughts and behaviours** that affect the way they feel. It also gives some **practical ways** to help **feel better**.

Where to find us:



Small Staff Room

Inside staff room upstairs



Thursdays

By appointment ONLY

