



Hello, my name is Nic and I work in a busy secondary school in the pastoral support department.

Initially ELSA trained- this role has evolved over the years and I now support pupils on a one-to-one basis as well as delivering many different groups- such as: anxiety, self-esteem, body image and exam stress.

I am a qualified mental health first aider. I enjoy my job immensely and consider myself privileged to be in the position to really make a difference to young people. I work predominantly in a gestalt humanistic way- with elements of CBT.

I also run a young carers group, as well as support groups for year 7s around health relationships and resilience.