



Hello! I'm Kate Aram.

I'm an Education Mental Health Practitioner and started with WEST (Wellbeing and Emotional Support Teams) in December 2023. As an EMHP, I support students experiencing mild to moderate mental health difficulties such as anxiety or low mood. I work closely with teachers, parents, and other professionals to provide early intervention and promote positive mental health.

Prior to my role with WEST, I was a Thrive practitioner and a teaching assistant. I worked with children and young people supporting their emotional health and wellbeing.

I use a positive mindset to support the children and young people I work with by encouraging them to see the value in their own thoughts, feelings, and experiences. I model a positive and hopeful attitude, helping them build self-confidence and resilience in the face of challenges.

I'm excited to be working with school, contributing to the fantastic work already being done by staff to improve the emotional wellbeing of children and young people.

My contact details are: whcnhs.mhtis-camhs@nhs.net

