



ABOUT ME

Hi! My name is Rachael, I support individuals by linking them in with organisations who can support their mental health, going through self-help resources, or someone to have a chat to about how they feel.

The support I provide is personalised to the individual and will be about what they feel is the right support for them.

I accept referrals from any member of staff. I assist mainly with patients with low to moderate mental health concerns, but I am happy to refer anyone to the best support for them moving forward.

RACHAEL KINNEAR

**MENTAL HEALTH
TRAINEE
ASSISTANT
PRACTITIONER**

HOW CAN MEANTAL HEALTH TRAINEE ASSISTANT PRACTITIONER SUPPORT YOU?

A Mental Health Trainee Assistant Practitioner can provide support for:

- Patients experiencing low mood/depression, anxiety, bereavement and stress etc. (anyone who is struggling).

TIMETABLE

Monday	Wednesday	Thursday	Friday
Sunlight	The Orchard/ Eastham (alternating weeks)	Sunlight	The Orchard/Spital (alternating weeks)

