



Hello there!

My name is Dev Gurung,

I am a trainee practitioner, part of the Mental Health Support Team for Schools in Uttlesford.

I offer sessions at Katherine Semar, Saffron Walden on a Thursday. They aim to help you support your young person to manage their anxieties and big emotions.

For more information: speak to your young person's class teacher or contact mhstadmin@mindinwestessex.org.uk

