

MENTAL HEALTH PRACTITIONER

**OUR MENTAL HEALTH
PRACTITIONER IS:
LORNA SANKEY**

**Lorna see patients from age
16+ who are struggling with
their mental health**

**Offer sessions to help improve mental
health and wellbeing:**

**Lifestyle changes, relaxation
techniques, coping strategies,
signposting/referrals to other services,
provides a listening ear**