

# **MIND WORKERS**

**WE HAVE TWO MIND WORKERS  
AT BOWTHORPE HEALTH  
CENTRE:**

**TRACY MALLETT**

**JACK WALKER**

**They are able to support people that are  
aged 14+ with mild to moderate mental  
health struggles.**

**The support is in the form of six sessions  
that can either be structured or, if the  
patient prefers, unstructured – the focus  
being that the support is person-centred**

**They are able to refer to various other  
services also if this person feels as though  
they need extra or different support.**