



Anna Lewis

School Counsellor

Miss Lewis is a qualified therapist who is trained in the integrative psychotherapy and counselling approach. Her experience extends to both children, young people and adults. She has also worked as a bereavement counsellor. Miss Lewis is a member of the British Association for Counselling and Psychotherapy (BACP), which requires her to partake in monthly supervision sessions that ensures her work is ethical and efficient.

Miss Lewis's role is to use counselling methods to help individuals manage and overcome any mental or emotional issues. Her responsibilities include listening to pupils and their experiences, developing treatment plans, and creating coping strategies that will help to break down the barriers to learning and ultimately enabling them to become well rounded individuals. Therapeutic work is provided on both of Trinity's sites.

As well as one to one sessions, Miss Lewis runs daily drop in sessions at lunch times where pupils can visit at their own free will as and when needed. Miss Lewis also oversees the cohort of Wellbeing Ambassadors and contributes to the mental health and wellbeing curriculum within the school's community.

The aim is to support the wellbeing of all pupils and their families and remove the stigma that surrounds mental health. We are here to re-educate and address current topics concerning wellbeing.



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