



JAMIE



hello

FAVOURITE TV/FILM?

Avatar:
The Last Airbender

FAVOURITE FOOD?

Currently south east &
east Asian cuisine

WHAT DO YOU DO FOR FUN?

Video Games, D&D, and
I'm known to read a
book every now and
then

THREE WORDS MY FRIENDS
WOULD USE TO DESCRIBE ME:

Nice words I
hope!

"ADHD, dyslexic, LGBTQ+ & had my ups and downs with mental health. I know what it's like to feel stuck. These days, with a mix of lived experience and professional training, I just try to show up for people in the way I would've wanted when I was going through it."

Currently running our Gaming for Wellbeing
& ADHD Peer Support Group
Role: YOUNG PEOPLES SUPPORT & ENGAGEMENT

WHAT I HOPE FAMILIES FEEL WHEN WORKING WITH ME:

I hope families feel like they don't have to put on a front when they're with me, that they can be their full and honest selves without fear of judgment.

ONE THING I ALWAYS TRY TO REMEMBER IN THIS JOB:

The potential for growth in people is limitless, undeniable, and honestly just really beautiful to witness seeing someone start to truly flourish.

A SUPERPOWER I'D LOVE TO HAVE AND WHY:

Shapeshifting. if I'm running late for an appointment, I could just turn into a bird and fly there. Problem solved.