



Hello, I'm Freya. I have known from a young age that I wanted to help children with their mental health, which is what led me to pursue **a psychology degree** at the University of York, as well as a Master's degree in developmental psychology to further my understanding. Prior to Bridge the Gap I worked within a school setting, supporting children with SEND and mental health needs in 1:1 and group settings to achieve positive outcomes within education.

I have also volunteered for a mental health charity, helping me further know how to support individuals in need. Within my previous work, I could see the need for emotional education in order to ensure long-term outcomes for better mental health, which is what drew me to the services offered here at Bridge the Gap.

I love the flexible nature of what Bridge the Gap has to offer, and believe **the focus on a relationship-based practice is what allows children to feel safe and supported**. I believe that having a space where you are able to express yourself authentically is so important for both children and adults, and I'm really looking forward to helping young people understand and express their emotions and thoughts in this environment.

Outside of work, I spend a lot of time outdoors, hiking and exploring nature. I spend most of my time with my partner and my sister and we regularly visit places together. At home I enjoy painting and reading. I also love yoga, and I am a qualified yoga teacher! This really helps me relax and connect to myself.