

Mental Health & Wellbeing

If something is making you worried or anxious, talking with someone is always the best solution. At Alperton we have a great team of people ready to help. Talk to your Pastoral Manager for advice and support.



Ms Hussain
Mental Health
Lead



Ms Duchonova
Lead Psychotherapist
Brent Centre for
Young People



Ms Ndoeka
Educational Mental
Health Professional



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