

Mental Health Support Team

(Corby)



Deidre McLaughlin, CBT Therapist and Supervisor (Team Lead)

Currently on maternity leave.

Hello, my name is Dee, I am a CBT Therapist & Supervisor within MHST. I have worked in healthcare with families & young people for many years. I am a keen advocate for accessible & individualised support at the time it is needed, therefore I am really excited to be in a professional team merging education & health.

In my downtime, I like to get out in nature, connect with loved ones and binge on Netflix series.



Katie Frost, Clinical Team Lead

Hi, my name is Katie, I am the clinical team lead for Corby MHST. I have worked in mental healthcare for the past 17 years and in that time worked in secure adult services, as well as school nursing and CAMHS. I am passionate about supporting young people and families to look after and manage their mental health and am really excited to be part of a new project collaborating health and education services. I am a Mental Health Nurse by background but also have a degree in Psychology and Post-Graduate Diploma in Specialist Community Public Health Nursing.

Outside of work I'm always busy with a new project whether that's doing something to my house or trying to grow my own vegetables. I love being outside and spending time with my family, as well as relaxing on the sofa in front of the latest TV drama.



Sheila Gallagher, Clinical Team Lead / Mental Health Practitioner

Hi, my name is Sheila, I have worked previously in the 0-19 team as a School Nurse Specialist Community Public Health Nursing, with a background of Learning Disability nursing. I have also completed additional training as a Professional Nurse Advocate.

I am passionate about supporting children, young people and families with their emotional wellbeing needs and I am excited to work within a team that supports health and education.

Outside of work I am kept busy with my grandchildren, but I also enjoy swimming, cooking, walking my dog, travelling and watching Netflix.



Lucy Cunningham, Educational Mental Health Practitioner

Hi, my name is Lucy, I am an Education Mental Health Practitioner in the Corby Team. I have been part of the Mental Health Support Team since 2021 working through my Trainee year and I am now a qualified EMHP. I have loved being able to support children and young people and their families with their mental health and wellbeing and I thoroughly enjoy working closely with schools as well to support all involved to manage and encourage positive emotional wellbeing. I have a degree in psychology and a masters in Psychological Wellbeing and Mental Health, as well as different experiences working with both adults and

children/young people with additional needs in various settings.

I enjoy spending my time with family and friends outside of work. I love going out for meals and socialising, and I'm also partial to a day in front of the TV relaxing.



Jaymee Stanley, Education Mental Health Practitioner.

Hi, my name is Jaymee, I am an EMHP in the Corby team. I have been a part of the Mental Health Support Team since 2020 and enjoy working with young people to reach their goals and manage their mental health. I have a degree in psychology and have work experience in various CAHMs teams.

Outside of work I like gaming and spending time with friends. I also love music and want to eventually own and play as many instruments as I can.