

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.



Lucy Cunningham, Trainee Educational Mental Health Practitioner

My previous experience prior to this includes working as a Mental Health Recovery Worker with adults with severe mental health difficulties, volunteering as a Crisis Counsellor on Shout text line and also volunteering as a Helpline Worker on another mental health helpline for young people under the age of 25. I have always had a strong passion for working in the mental health sector and supporting individuals with difficulties with their mental health, and all of my experience has helped to improve my knowledge and skills towards this.

I am very excited about getting started in my new role and team and I look forward to being able to support children, young people, and their families with their mental health and wellbeing.



Varvara Kladi, Trainee Education Mental Health Practitioner.

Hello! My name is Varvara Kladi, and I am a Trainee Education Mental Health Practitioner.

Since finishing my master's in Child Psychology, I have been working as a teaching assistant in both mainstream and special schools, supporting the learning and development of primary and secondary aged students. I love working with children and young people, and I am very excited to be taking on this new role where I will have the opportunity to further develop my skills and to make a positive difference in the well-being of children, young people, and families. During my time off work, I love going for walks, reading books, or preparing a nice dinner for my family or friends!

I feel so pleased to be a part of the NHFT's Mental Health Support Team (MHST), and I am really looking forward to working with children, young people, and school staff in the local community.



Sabrina D'Souza, Trainee Education Mental Health Practitioner

My name is Sabrina and I am a Trainee Education Mental Health Practitioner. My professional background is in healthcare and education. I am a qualified physiotherapist and have completed an MSc in Psychology of Mental Health. My career in teaching started with English Language Teaching to adults followed by a qualification in academic management and teacher training through the British Council. Later, I completed the PGCE from University of Sunderland with training in EAL and SEND. Over the course of my career, I have had the privilege of leading learning projects in different geographical locations such as the Philippines, China and Qatar. My most recent work experience was at an International Baccalaureate school in Dubai where I worked as Inclusion teacher in a stimulating and vibrant multicultural environment. I enjoy working with children and young people, especially supporting them in achieving their potential which motivated me to pursue this field. I am passionate about my role and delighted to be a part of this team. I enjoy experiencing new cultures through reading, music and food if not through actual traveling! In my spare time, I love reading, music, singing (although badly) and dancing.