

# *Hi! I'm Heidi*

*I am a Mental Health Support Worker and I enjoy:*

- *Walking, bike riding, playing sport, going to the gym and exploring*
  - *Going for drives and sightseeing*
    - *Cooking and reading*

*I have enjoyed studying a Bachelor of Arts Psychotherapy and I now enjoy helping people to live their best life.*

*Wishing you all the best and I hope to meet you soon.*

*Heidi C*

