

Hannah Newcombe

MENTAL HEALTH WELLBEING PRACTITIONER

QUALIFICATIONS

University of Sussex, Brighton, East Sussex.

Post Graduate Certificate: Mental Health Practice (Distinction)
09/2019-01/2021

University of Sussex, Brighton, East Sussex.

Master of Science: Foundations of Clinical Psychology and
Mental Health (Distinction)
09/2018-09/2019

University of Sussex, Brighton, East Sussex.

Bachelor of Science: Psychology (2:1)
09/2015-06/2018

Felpham Community College, Felpham, West Sussex.

A-Level: Psychology (A*), Sociology (C), Photography (B),

Felpham Community College, Felpham, West Sussex.

GCSE's: 7GCSE's (A-B)

WORK EXPERIENCE

Graduate Mental Health Practitioner/Mental Health Wellbeing Practitioner

Sussex Partnership NHS Foundation Trust (Worthing, UK)

03/2021-10/2023

- Delivering psychologically-informed and evidence-based interventions on a one to one basis
- Co-facilitating group interventions
- Establishing the Graduate Mental Health Practitioner role within the team
- Assessing for and managing risk
- Working within a multi-disciplinary team to provide client-centred care
- Managing a caseload
- Collaborative care planning with clients and carers

Trainee Graduate Mental Health Practitioner

Sussex Partnership NHS Foundation Trust (Horsham, UK)


10/2019 - 03/2021

- Training as a Graduate Mental Health Practitioner
- Delivering evidence based, psychologically-informed, interventions.

CONTACT

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Singapore

PERSONAL STATEMENT

A highly motivated Mental Health Wellbeing Practitioner, with a drive to make a difference. I have several years of experience working in demanding, and high-pressured environments. I consider myself to be a resilient and ambitious individual, who thoroughly enjoys working as part of a supportive team. I also have a real passion for sport and fitness, which drives my interest outside of health care and research. I am looking for an employment opportunity to develop my repertoire of skills and experiences.

CORE SKILLS

Client assessments
Crisis intervention
Behavioural therapy techniques
Solution-focused techniques
Confidentiality and discretion
Hardworking
Polite and friendly
Vigilant and alert

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- Working collaboratively as part of a multi-disciplinary team
 - Attending regular supervision
 - Assessing for risk
 - Supporting discharge from services
 - Collaborative care planning with clients

Support Worker

Supporting Independence (Littlehampton, UK)

07/2018 - 10/2019

- Supporting clients experiencing mental health difficulties, learning difficulties and autism
- Helping with daily activities, personal care, medication support, emotional support, and supporting with finances

Retail Experience

- I obtained a range of experience in different areas of retail to support my studies
- These experiences helped me to develop my communication skills and ability to perform tasks in a timely manner to meet deadlines.
- E.g. Matalan, B&Q, Sainsburys, Tesco, Mothercare

Hospitality Experience

- American Express (AMEX) Stadium: Brighton, UK

PUBLICATIONS

Berry, C., Newcombe, H., Strauss, C., Rammou, A., Schlier, B., Lincoln, T., & Hayward, M. (2021). Validation of the Hamilton program for schizophrenia voices questionnaire: Associations with emotional distress and wellbeing, and invariance across diagnosis and sex. *Schizophrenia Research*, 228, 336-343.
