

# Hi! I'm Trish

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

- *Getting outdoors & walking in nature*
  - *Watching sunsets*
  - *Visiting cafes & dog parks*

*I am enjoying undertaking studies in Mental Health, and I also enjoy helping people to live their best life.*

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

*Trish R.*

