

# Hi! I'm Alex

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

- *Going to cafes, shopping, going for a drive, socializing, walks & exploring.*
- *Travel, fitness, going outdoors, hiking, movies & reading.*

*I have enjoyed undertaking studies in mental health.  
I now enjoy helping people to live their best life.*

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

*Alex P*

