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She has worked in mental health services within the UK National Health Service (NHS), in Non-Governmental Organizations, Child Protection Institutions, Primary and Secondary schools, and as research and teaching staff at the University of Edinburgh. She works as a psychologist at a private school and runs a private practice. She is a member of the scientific team of the Laboratory of School Psychology. Her research interests focus on child and adolescent mental health literacy, the stigma of mental illness, and the promotion of mental well-being.