

What does Young Minds Matter (YMM) offer?



Group work focusing on:

Primary Schools

- Managing my worries
- Understanding emotions
- Friendships
- Self-esteem

Secondary Schools

- Resilience
- Understanding emotions
- Tackling Anxiety
- Self-esteem
- Managing Low-level Obsessive-Compulsive Disorder

All group work requires individual referrals



Psycho-education focusing on:

Primary Schools

- Tackling Anxiety
- Exam Stress
- Connections
- Normalising emotions
- Understanding relationships
- Transition
- What is Mental Health?

Secondary Schools

- Tackling Anxiety
- Exam Stress
- Connections
- Normalising emotions
- Social anxiety and self-esteem
- Transition
- What is Mental Health?
- Low Mood

These can be offered as assemblies (in person or recorded) or as workshops. Book via Consultation



Staff Training and Extras

Book via Consultation

- Understanding Mental Health and supporting children and young people in school
What is Young Minds Matter?
- What is YMM? What can YMM offer your school?
- The perfect referral
- You can also find lots of further training, support and advice via GHLL:
www.ghll.org.uk

We can also offer

- Attending parents evening
- YMM stalls
- Coffee mornings