

## Who are the Mind mate Support Team?

The MindMate Support Team is an early intervention Mental Health Support Team (MHST). The service is provided by Leeds Community Healthcare Trust and is delivered in partnership with education settings in Leeds.

The service aim is to improve access to support for children and young people, up to the age of 18 in education settings across Leeds, to prevent any emotional wellbeing difficulties becoming harder to manage.

We also work with staff in education settings to build cultures where wellbeing is prioritised for all.



## What can the team support my child with?

- Low Mood
- Anxiety/Worry/Panic
- Understanding and Coping with Emotions (Group only)
- Self-esteem and building resilience (Group only)



## How can I get support from the MindMate Support Team?

Speak to a staff member in your/your child's education setting and they can contact the team on your behalf using our "Request for Support" form.

