

An Introduction to the MindMate Support Team

Date: 19/05/2026

Practitioner:

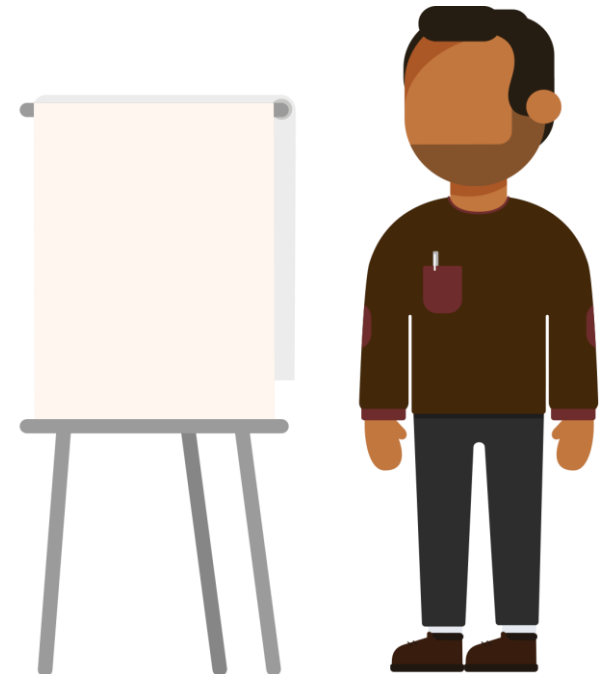
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(Mental Health Practitioner)

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(Trainee Education Mental Health
Practitioner)



Our aim is to improve access to emotional wellbeing support for children and young people.

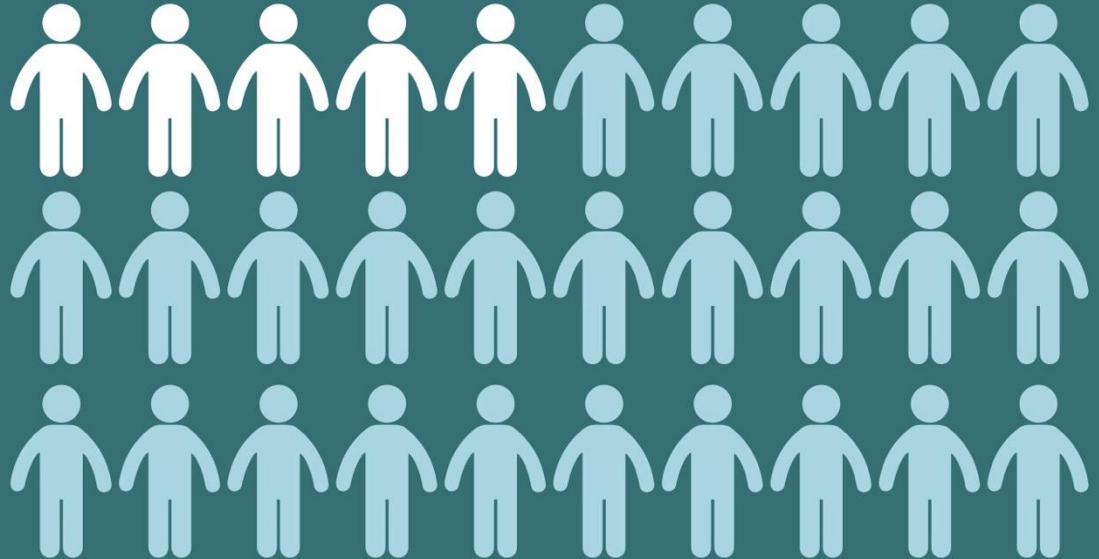
We collaborate with schools to promote positive mental health and wellbeing across the **entire school community.**





1 in 5

children have a probable
mental health condition in
every classroom



5 out of 30

young people have a probable mental health condition

According to an NHS England report published in 2023, 1 in 5 children and young people aged 8-25 years now have a probable mental health condition – around 5 children in every classroom.

3 core functions



Education Mental Health Practitioner

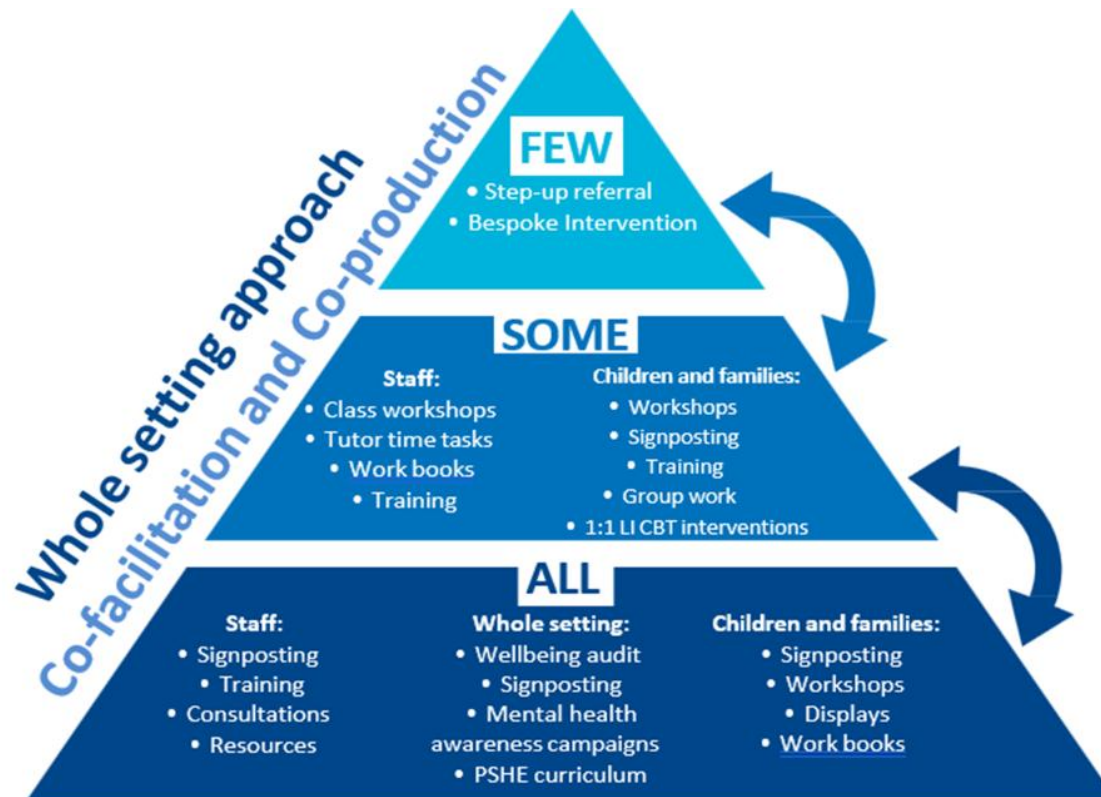
- A new accredited role with professional registration.
- Trained in low-intensity CBT.
- Trained to support schools in their approach to mental health and wellbeing.

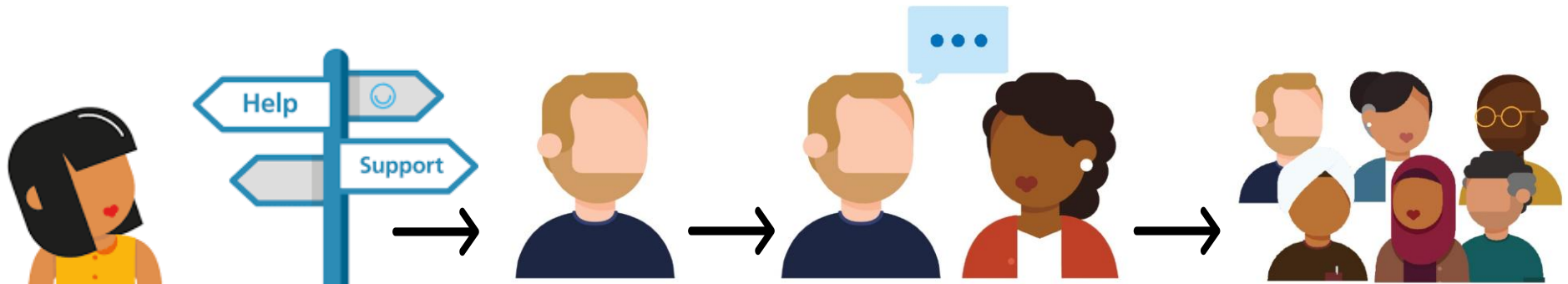


“The young people were feeling nervous about starting secondary school, and they had group sessions around their transition days. Parents shared that their child had been noticeably less anxious in recent weeks and that the group came at just the right time. One parent mentioned their child used the breathing techniques during a school visit and they said they appreciated that their child was able to access the support when they needed it. It was really nice to hear how it’s made such a difference.”

Feedback from an EMHP who contacted parents of the children after they participated in a Year 6 Worry Management group

What does support look like?





Speak to a member of staff at school to request support from the MindMate Support Team

Staff member submits a referral for a single young person

Consultation between mental health practitioner and education staff member

500 contacts with children in school via various means:

- Assemblies
- Workshops
- Groups
- Staff training
- 1 to 1 therapeutic interventions
- Signposting / advice

***Feedback from school SENCO
from
Behaviour as Communication
training***

"Honestly, the training was so powerful - I cannot thank you enough! I think members of staff are already reflecting on their practice and perhaps how long they give children before trying to resolve issues."

Evidence based

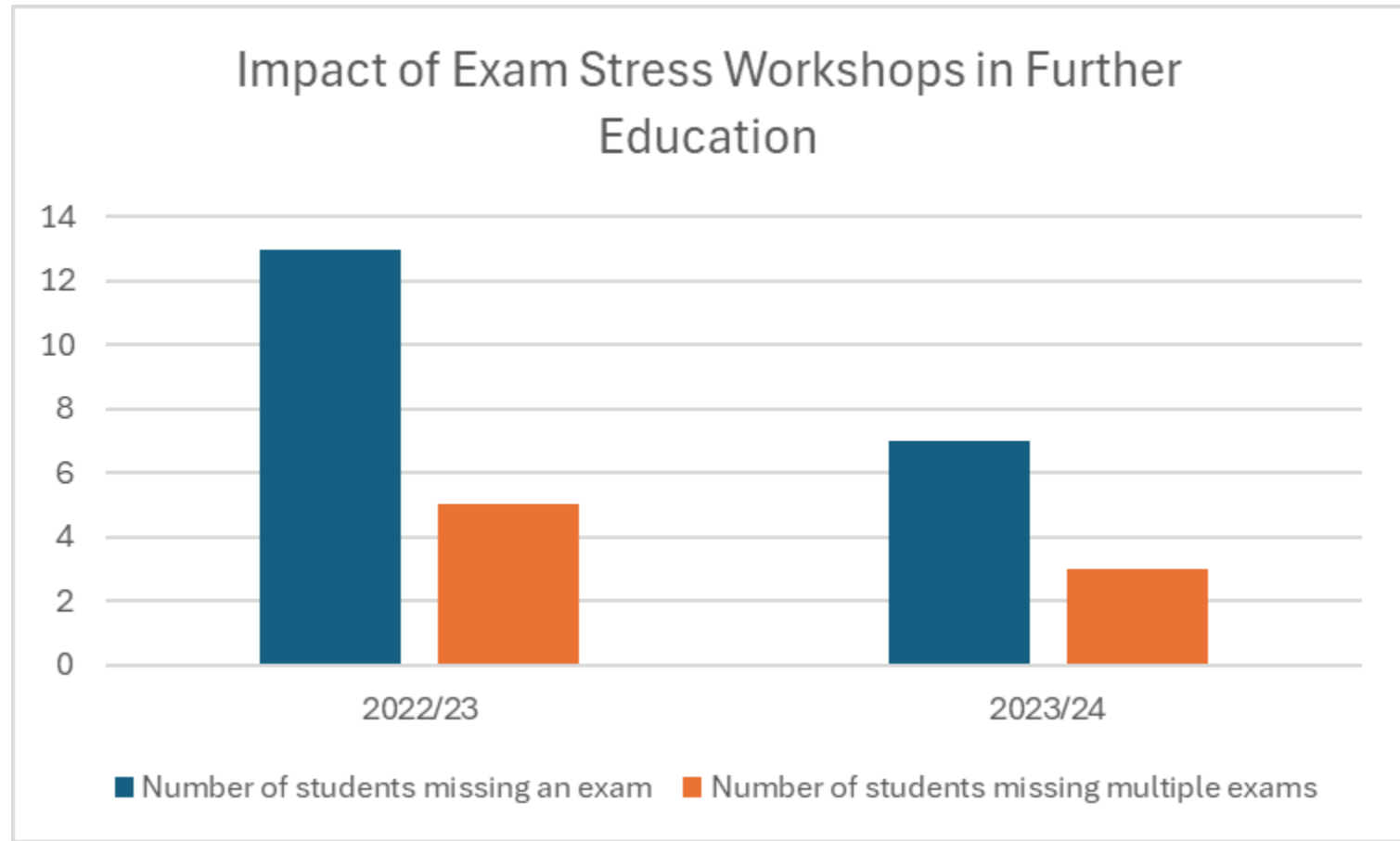
The work we deliver is based on scientific research and designed according to what works.



Cognitive Behavioural Therapy

- Thoughts, feelings, behaviour, body sensations.
- Focused on the present and making practical changes.







"This early intervention is what our daughter needed but also what we as parents needed.

The resources I can use at home to follow through the work to ensure everything is consistent for my daughter within the family home."

Parent's feedback on completion of Parent Led CBT for anxiety

What next / our ask

- Have a look at our website: [MindMate Support Team - MindMate](#)
- Think about if you or your child would benefit from some support with us or one of our interventions.
- Keep an eye out for further workshops we will be running in the future.



How to get in contact

To request support for your child please speak to Mrs Dalglish (SENCO) or Mrs Calvert (Learning Mentor)

If not possible than your child
class teacher.



Questions and reflections

