

MindMate Support Team Core offer

Whole Setting Approach	
Staff Training Approx. delivery time: 40-60mins	• MMST Introduction • Understanding and Supporting Children and Young People's Mental Health. • MMST Workbook Training • Anxiety Awareness • Thinking Compassionately about Self-Harm • Low Mood • Behaviour as Communication • EBSA
Parent / Carer Workshops Approx. delivery time: 40 – 60 mins	• MMST Introduction • Mental Health Awareness • Anxiety • Low Mood • Transitions (Yr 6) *Reminder we no longer offer stalls at parent's evenings*
Assemblies Approx. delivery time: 20 mins	• MMST Introduction • Anxiety • 5 Ways to Wellbeing • Transitions (Yr6) • Exam Stress • Emotional literacy (KS2, KS3 and KS4) • Emotional Regulation (KS2, KS3 and KS4)
Young People Workshops Approx. delivery time: 40-60mins	• Anxiety • Low Mood (Key stages 3,4,5) • 5 Ways to Wellbeing (Keys stage 2) • Transitions (Yr6) • Resilience
Reflective Practice Support Approx 60 mins	• A facilitated reflective space for a group of education staff members

MMST Workbooks

Understanding and Coping with Emotions	Improving Self-Esteem
Understanding Low Mood	Emotional-Based School Avoidance
Coping with Anxiety	Coping with Panic
Worry Management	Wellbeing Journals
A Children's & Young Person's Guide to Improving Sleep	Managing Self-Harm
Managing Transitions	

MMST Resources

The MMST can provide a variety of resources on the above topics to support education settings with their PSHE curriculum. In addition, we have specific resources on topics such as Friendships and Life Skills.

Group Interventions

Coping with Anxiety
Understanding & Managing Emotions
Understanding Low Mood
Worry Management
Self-Esteem
Coping with Stress
Building Resilience

Direct Interventions

Coping with Anxiety
Understanding Low Mood
Worry Management
Panic
Simple Phobia's*
Parent Led-CBT
Guided Self-Help for Eating Difficulties
OCD (for mild to moderate presentations)

*The MMST are not able to work with children & young people who are experiencing more complex phobias such as the fear of sickness, blood or needle phobia.