* **Content for school newsletters/websites to promote MindMate**

**Secondary schools:**

Our school really care about the mental health and wellbeing of our pupils and that’s why we have teamed up with MindMate Leeds to raise awareness about ‘What is MindMate’ and how to can get help and support if needed.

**What is MindMate?**

MindMate is the name used for all the different things which support mental health and wellbeing for children and young people in Leeds**.**

**How will our school be promoting MindMate?**

Over the coming term we will be inviting the MindMate team and the mental health support services such as **The Market Place, Kooth and Child Bereavement UK Leeds (these are sometimes called ‘universal services’)** to our school to provide more detail on their service and what support is available.

Have you seen the new MindMate sign near our entrance? if you scan the QR code this will take you to the MindMate website so you can find out more.

**So what support is available?**

**Support in school**

Our school is part of a Cluster (known as JESS) and that means we have access to targeted support provided in school from mental health professionals at Barca Leeds.  If you are worried about your child’smental health and wellbeing please speak to

Your teacher or school SENCO..

INSERT DETAILS

**MindMate website - mindmate.org.uk**

The MindMate website has lots of information on self-care and what support services are available..

**Did you know?**  Many of our support services can be contacted directly and no referral form is required

**Need Urgent Help?** For young people struggling to cope we have **free** crisis services that are available immediately – please visit <https://www.mindmate.org.uk/im-a-young-person/coping-common-issues/thinking-of-suicide-need-urgent-help/>   Please note if a young person has seriously injured themselves or taken an overdose **call 999** or get immediate medical treatment **from A&E**.

**Still not sure?**

For most of our young people the targeted support our school provides and the MindMate universal services will be enough to meet the wellbeing needs of our pupils.  In some cases it will be more appropriate for a referral to the MindMate Single Point of Access (SPA) e.g. for a child that may have autism or ADHD or needs specialist support for their mental health.  Your GP can support this referral process or you can speak directly to the MindMate SPA Team and complete a self-referral.  Please see <https://www.mindmate.org.uk/im-a-professional/leeds-mindmate-single-point-access/> for more information.