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

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 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**. You can find lots of information on the MindMate website** [**mindmate.org.uk**](http://www.mindmate.org.uk/)

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

Over the coming term we will be inviting the MindMate team to our school to run a wellbeing stall. Our students /parents will have the opportunity to talk freely about wellbeing and view the MindMate website, so they know where to get information about common issues and support services. The stall will include free MindMate merchandise such as stickers and pens.

**Year 5 and 6**

**Some of the MindMate support services (e.g. The Market Place, Kooth, Safe Zone and Teen Connect\*) are aimed at young people aged 11 plus and therefore these services will talk to our Year 5 and 6 students to inform them what support is available to them, especially in preparation for their transition to high school.**

**\*(these are sometimes called ‘universal services’)**

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’s mental 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 and resources on parenting children aged 5 – 11 years.

Please visit [Parenting children 5 - 11 years - MindMate](https://www.mindmate.org.uk/im-a-parent-or-carer/parenting-children-5-11-years/) for more information.

**Need Urgent Help?** For young people struggling to cope we have **free** crisis services that are available immediately.

**Leeds CAMHS Crisis Call**

Telephone support for 0-18 year olds

Call: 0800 9530505

8am – 8pm, Mon – Sun

**Night OWLS**

Telephone and text support for 0-18 year olds

Call: 0800 1488244

Text: 07984392700

For more information on these services please visit [Urgent help - all services - MindMate](https://www.mindmate.org.uk/urgent-help-all-services/)

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.

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