

# Solution-Focused Support



**What is it?** You and your colleagues have been invited to attend a group solution-focused support session. Solution-focused support is a space to discuss any emotional wellbeing concerns which you have about your learners with a MindMate Support Team practitioner. The session provides a reflective space to find solutions together and consider the emotional impact of the work you are doing. Solution-focused support complements the support you are already receiving and is not the same as, nor should it replace existing, supervision.

**Who is it for?** Solution-focused support is for any staff member in your educational setting who has direct interactions with young people and learners.

**What happens in a solution-focused support session?** This session will be facilitated by a MindMate Support Team Practitioner, however, discussions, suggestions and comments from the group will be encouraged. Each group member will be invited to bring any concerns or questions, and time will be allocated to ensure each is addressed. Anonymous feedback on the session will be collected at the end.

- The young person will not be present for these sessions.
- The discussions will be confidential unless there are concerns about yours or a young persons safety.