

Whole School Approach

Secondary Schools & Colleges: 2025/26

Psychoeducation for Young People

- Anxiety
- Exam Stress
- Understanding Emotions
- Boosting Your Mood
- Self-Esteem
- Transition
- Looking after Your Wellbeing
- What is Young Minds Matter



The above topics could be delivered as:

Assemblies

Provides an overview of the topic.

10-20 mins

No max no. of pupils
One Year Group

Workshops

More in depth discussion with group activities and individual worksheets.

45 mins - 1 hour

Max of 30 per group

Small Groups

Similar to workshops but greater discussion due to smaller number of pupils.

45 mins - 1 hour

Max of 10 per group

Pop-Ups

- YMM Chat Stand (lunchtimes/open evenings)

Staff Training

- Working with Young Minds Matter
- Supporting Young People with their Mental Health in School
- Language that Cares
- Writing a Good Referral



Parents & Carers

- Parents Evenings
- School Community Events (e.g. Open Days/Evenings)
- Parent Talks (topics to be confirmed)



Advice & Signposting

- We are able to offer advice & signposting around your school's Whole School Approach in our Consultations. Please speak to your Aligned Practitioner for further information.
- You can also find lots of further training, support and advice via GHLL: www.ghll.org.uk.



Young People

Each school can book a total of 3 of the below psychoeducation topics, which can be delivered as an assembly, workshop or small group. Examples of “one booking” can be seen on the right. Please discuss any changes to this with your aligned Young Minds Matter Practitioner. We would be grateful if you could ensure that the usual class teachers remain with the class during assemblies/class-based workshops.

Psychoeducation Topics

Anxiety

The content focuses around anxiety being viewed as a “normal emotion” that we all experience at times. We will also discuss when anxiety may become unhelpful. We will share self-help strategies and provide signposting for further support.

Exam Stress

Understanding what stress is and how stress can be helpful for us. Noticing when stress becomes too much and the impact on our physical and mental health.

Understanding Emotions

We will discuss what emotions are and normalise all emotions as being “good” and serving a function. We will talk about emotional regulation strategies around “ride the wave”, changing thoughts, communicating emotions and self care.

What is Young Minds Matter?

Introducing your students to YMM to understand how we can support them and how they can access the service. We will also explain what it's like to self-refer through YMM Chat (**Assembly Only**).

Examples of “One” booking

2 x Group Assemblies

or

**1 x Assembly & Follow Up “Opt In”
Workshop or Small Group**

or

Workshops

***e.g. 2 x Assemblies on Anxiety, one for
Year 8 and one for Year 9***

Boosting Your Mood

Understanding the low mood cycle and how we can boost our mood by changing thoughts and by making time for enjoyment. We will briefly mention the importance of sleep and physical wellbeing for our mood.

Self-Esteem

We will discuss what self-esteem is and how low self-esteem may result in feelings of anxiety. We will also look at tips to boost self esteem through challenging negative thoughts and other activities.

Transition

Understanding transitions and the number of transitions we go through in life. Validating different emotions around change and tips to cope.

Looking after Your Wellbeing

Supporting students with understanding what mental health is, normalising that we all have mental health and that mental health is neither good or bad – it just is! Includes 5 Ways to Wellbeing framework and information regarding how/where to get help.



Staff Training (1 Hour)

There is no limit to the number of Staff Training sessions that you can book and these are additional to the Children/Young People offer. We aim to provide space for facilitated discussion within the session so that you and your colleagues have the opportunity to consider how you might implement topics discussed into your school community. Please discuss the below with your Aligned Practitioner so we can tailor these to your school community.

Working with Young Minds Matter

Find out more about what Young Minds Matter can offer your school. We will discuss our three core areas (Interventions, Whole School Approach and Consultation) as well as tips about how to notice pupils that may benefit from YMM support. Open to all school staff.

Writing a Good Referral

An extension to the above training focusing more on how to write a good referral. Can be booked in conjunction with the "Working with Young Minds Matter" training but please allow additional time for this. Open to all school staff but more relevant for staff members who write referrals.

Supporting Young People with their Mental Health in school

Supporting all school staff to understand what mental health is and how they can support children/young people within their role. Topic includes an overview of what mental health is, understanding Fight, Flight, Freeze and the CARE approach (Curious, Approachable, Refer, Empathy) as a simple framework you could consider in your school. Open to all school staff.

Language that Cares

Understanding why the way we speak and write about a child or young person is important and how this can impact their education/care journey and how they and others view them. Open to all school staff.

Parent Engagement

Please list any Parents Evenings, Open Evenings/Days or other dates that you would like us to attend on your booking form. We will review our capacity and attend as many as we can.

Further information about parent talks will be available in the new academic year.

Parents Evenings, Open Evenings/Days & Community Events

We can attend with a stand to advertise Young Minds Matter to your school community. We will bring leaflets and useful information/freebies that parents/carers and their young people can take away with them.

