

Core Offer “At a Glance”

About Us

Young Minds Matter is the Gloucestershire Mental Health Support Team (MHST). We provide early intervention support for children and young people experiencing mild-moderate difficulties with their mental health. We are part of CAMHS and are a school based service. We have three core functions, which are listed below.

1

Evidence-based Interventions

We provide 1:1/Group Interventions for school aged children and young people experiencing **mild-moderate** mental health difficulties.

We use Cognitive Behavioural Therapy (CBT) informed interventions, which is also known as **Low-Intensity CBT**

We also provide **Parent-Led CBT** (Primary Schools only)



2

Whole School Approach

We can support schools with the **development** of their Whole School Approach.

This could be through **advice and signposting** to the Designated Mental Health Lead.

It could also be through us delivering **psychoeducation** sessions such as in class workshops, assemblies or staff training.



3

Consultation

We provide a space to schools known as “Consultation”, which is a forum where school staff can discuss:

Advice regarding particular pupils or their families

Ideas or support with the school’s **Whole School Approach**

Any other related queries

