

WITH ME MIND

Who are with Me in Mind?

- The With Me in Mind team offer emotional wellbeing support to children and young people in Schools and Colleges
- We can offer education sessions and advice for mental health difficulties such as feeling low, anxiety/worries and phobias. If needed, we can also offer group intervention or 1:1 support for these difficulties
- We also offer advice and support to education staff and parents/carers
- Where needed, we can support children and young people to access specialist service if this is required.

If you think you/ your child could benefit from some support please speak with a member of staff in school who can discuss this with us.

For further information please visit:



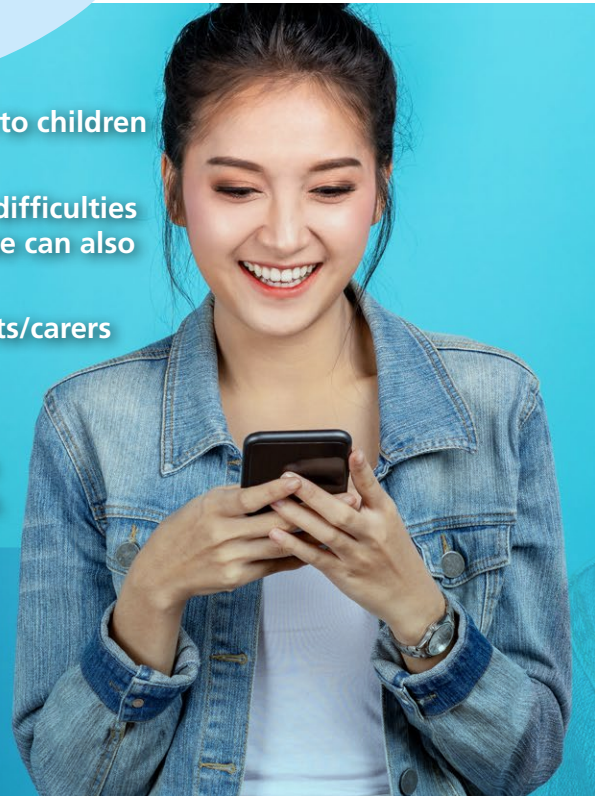
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