

MindAid Youth – 2021 Programme

We are offering an exciting opportunity for UK schools to trial a new and improved, free, online tool, **MindAid Youth**. This tool teaches young people mental health related knowledge and skills, helping young people support their own mental well-being and support their friends.

MindAid Youth was previously shown to be valuable for 300+ pupils in our first trial and we have spent some time improving the tool based on the results. The content overlaps with Key Stage 3 and 4 PSHE curriculum for mental health and emotional wellbeing. Interested schools will have access to the tool for free and will also be provided with baseline levels of the mental health knowledge and skills of their pupils to inform curriculum planning and support in this area.

The tool has been developed by trainee clinical psychologists and supervised by a clinical psychologist with 25+ years' experience in child and adolescent mental health. Our next programme will start in September 2021 for pupils in year groups 7-13 (11-18-year-olds).

MindAid Youth includes 4 features:

- **TALK:** information about how to ask for help, support friends and discuss worries.
- **QUIZ:** a series of quizzes on wellbeing and mental health.
- **LIBRARY:** modules about mental health difficulties, getting help and initial self-help suggestions.
- **HELP:** details of local organisations which can provide appropriate support, based on GPS technology.

What will this involve?

- 6-week programme plus a follow-up one month later:
 - Introductory lesson with a presentation to introduce the tool and complete questionnaires.
 - 4 lessons of core **MindAid Youth** modules (lesson plans provided).
 - Concluding lesson to complete questionnaires and reflect on learning.
 - A **mental well-being workshop for young people** or a **staff group talk on mental health**, one-month later.
 - Continuous and flexible communication and support with the trainee clinical psychologist throughout programme.



Please contact Holly Bemrose (Trainee Clinical Psychologist) directly to express interest or request further information:

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