

# Wellbeing in Mind Team



## Who we are...

The Wellbeing in Mind Team (WiMT) is a Mental Health Support Team (MHST) which is an NHS service that has been introduced as part of the national plans to expand mental health services for children, young people, and their families within the education setting.

## What we do...

We aim to positively impact the mental health and wellbeing of young people by:

- Using low-intensity evidence-based CBT informed interventions for low mood and anxiety.
- Working closely with each school's identified Mental Health Lead (a senior member of the school staff who has received specific training to support this role) to support individual referrals through consultations.
- Supporting schools in developing and maintaining a 'whole school approach' (WSA) which includes delivering assemblies, classroom-based sessions, staff training and workshops covering a range of topics.

## Why we do it...

Difficulties you experience in your child and teenage years can affect things like your work, friendships and home life. Having the right support available when and where you need it can help to lessen the impact difficulties like stress or anxiety have on you; both now and in the future.

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## The iTHRIVE model...

The thrive framework is a national needs-based model that aims to support and improve services for children and young people's mental health

The model conceptualises need in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

The Thrive approach places emphasis on prevention and early intervention, through supporting young people, their families and professionals to be resilient, to be informed about support available, and to understand what they can do to help themselves.



Typically, the pupils the Wellbeing in Mind Team work with fall within the 'Getting Advice' and 'Getting Help' quadrant.

We can support pupils in 'Getting Advice' through supporting them in accessing information and accessing self-help resources. We are also able to support pupils who fall within the 'Getting Help' quadrant, through the delivery of evidence-based intervention sessions.