

Other useful contact details

MindMate

For up-to-date details about support services available in Leeds for young people's wellbeing, please scan the QR codes opposite.

16 or under:



16 to 18:



Leeds CAMHS Crisis Call Line

For young people up to 18 struggling to cope and for parents worried about their child. Open 8am – 8pm, 7 days a week, 365 days a year. Call **0800 953 0505**

Teen Connect

Phone/text support for 11-18 year olds. Mon-Fri 3.30pm-2am, Sat and Sun 6pm-2am. Call **0808 800 1212** or text **0771 566 1559**

Night Owls

Phone/text support for children, young people, their parents and carers. Open 7 days a week, 8pm-8am. Call **0800 148 8244** or text **07984 376 950**

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email Ich.pet@nhs.net

We can make this information available in Braille, large print or audio on request.

(Spanish) Llame al 0300 555 0566 si desea esta información en letra grande, braille, audio o en otro idioma.

(Polish) Zadzwoń pod numer 0300 555 0566 by uzyskać te informacje dużą czcionką, brajlem, w audio lub w innym języku.

(Urdu) اگر آپ کو یہ معلومات بڑے حروف، بریل، آڈیو یا کسی دوسری زبان میں درکار ہوں تو 0300 555 0566 پر کال کریں۔

(Punjabi) ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਜਾਣਕਾਰੀ ਦੀ ਲੋੜ ਵੱਡੇ ਪ੍ਰਿੰਟ, ਬ੍ਰੇਲ, ਆਡੀਓ ਜਾਂ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਹੈ ਤਾਂ 0300 555 0566 'ਤੇ ਕਾਲ ਕਰੋ

MindMate
Support Team

NHS

Leeds Community
Healthcare
NHS Trust

MindMate Support Team



MindMate Support Team

Call us on **0300 555 0566** or email us at

Ich.mmsupportteam@nhs.net

Website: www.mindmate.org.uk/im-a-young-person/mmst/ or scan the QR code.

Other support is available on

www.mindmate.org.uk



Who are the MindMate Support Team?

The MindMate Support Team offer early emotional wellbeing support for young people up to 18 years old in education settings across Leeds.

Our service was developed in partnership with mental health services, education providers and young people.



Our aim is to improve access to support for children and young people, to prevent any emotional wellbeing difficulties becoming harder to manage.

We also work with staff in education settings to build cultures where wellbeing is prioritised for all.

How can the MindMate Support Team support you?

We offer short-term Low-intensity Cognitive Behavioural Therapy (LI-CBT) for **mild to moderate** emotional wellbeing difficulties. This includes:

- When you are feeling anxious, worried or stressed
- Can't sleep or are sleeping too much
- Are experiencing changes in your mood
- Experiencing a racing heart and may not know why

Low-intensity CBT is an evidence-based intervention which is known to be effective in supporting young people experiencing anxiety and low mood. We offer this on a 1:1 basis or within a group and or supporting parents to learn techniques to support their child.

In addition to providing direct support, we can offer resources to help you manage your emotions and direct you to access other appropriate services. We can also help education staff to work with you to support your emotional wellbeing.



How can I get support from the MindMate Support Team?

You can speak to a staff member in your education setting and they can contact the team on your behalf. We also offer support to Electively Home Educated children and young people.

You can contact us to find out the best way to access support in your school or college:

MindMate Support Team

Call us on **0300 555 0566** or email us at licht.mmsupportteam@nhs.net

Website: www.mindmate.org.uk/im-a-young-person/mmst/

Other support is available on www.mindmate.org.uk



Service design

Working in collaboration with young people on how we deliver our service is vital for our service to work. If you're interested in being involved, please call or email our service to speak to the participation champion and express your interest.

Is the service confidential?

We keep your information private and confidential, but we do share some things with your education setting unless you ask us not to. This will usually include letting them know you are receiving support from our service and letting them know when this support finishes.

We will always try to discuss information we need to share outside of our team with you first so that you know what we might say and why.

If you are struggling with your mental health and are worried about keeping yourself safe please either make an emergency appointment with your GP or attend your nearest Accident and Emergency Department. You can also contact 111 to be put in contact with your local area crisis services. In an emergency, call 999 and ask for an ambulance.

