

Young Minds Matter

Young Minds Matter (YMM) is a safe and confidential mental health support service developed for children and young people up to 18 years of age in selected schools across Gloucestershire.

The team can offer you support if you are struggling with things like anxiety, low mood and poor sleep or similar. This can be either face to face in school or via a virtual online platform. To meet with someone from Young Minds Matter you can ask a teacher/member of staff in the school to make a referral for you. Alternatively, if you attend a secondary school and would prefer not to talk to someone at school you can refer yourself into the team using YMMChat (see below).

YMM Chat and Self-referral (Secondary school students only)

We have a friendly team of YMM professionals who are available to chat on text message during the school day (between 9am until 4:30pm) Monday- Friday (except bank holidays). The team will aim to respond either the same day or the next working day.

Young people can contact us by text if they want to share something that is worrying them, to get some advice or to self-refer and get an appointment, without needing to ask a parent or a teacher if they would like to chat with one of the 1:1 practitioners to talk things through.

Young Minds Matter offer a safe, confidential space to work on the difficulties you are experiencing in a structured and focussed way, we use something called Low Intensity Cognitive Behavioural Therapy, which helps us to think about how your thoughts (cognitions) impact on your actions (behaviours) and your feelings (emotions). You can speak to someone at school and ask to be referred or use our text service YMM Chat, to confidentially talk to one of our team and the options that are available for you.

You can see more via this YouTube video - <https://www.youtube.com/watch?v=zLMypQxH2HI>



TEXT FOR SUPPORT
07480 635723

It's okay to not be okay. YMM Chat is here for you. Message now for advice and support. We offer free and confidential support and advice for young people needing mental health support.

