

Mind Matters Product	Ideal for...	Price
<b>Mental Health Peer Mentoring</b> Setting up a peer mentoring programme and training a number of young people to support their fellow students. This helps breakdown stigma and addresses low level concerns before they escalate.	<b>Ideal for:</b> High school years 12 and 13.	<b>£500 +VAT</b> <ul style="list-style-type: none"> <li>▶ 15-20 Peer mentors</li> <li>▶ 7 x 1 hour sessions over a full term</li> <li>▶ 1 youth mental health engagements worker</li> </ul> <b>4500 Points</b>
<b>Youth Mental Health First Aid Training (1 day)</b> This provides a good understanding of a range of mental health issues and how best to help young people access other support and specialist services.	<b>Ideal for:</b> For parents, teachers and young volunteers.  An essential tool to be able to identify emerging mental health needs and to prevent problems escalating.	<b>£85 +VAT per person</b> <ul style="list-style-type: none"> <li>▶ Qualified trainer</li> <li>▶ Recognised qualification</li> </ul> <b>765 Points per person</b>
<b>Youth Mental Health First Aid Training (2 days)</b> This provides a more in-depth exploration and understanding of a range of mental health issues.	<b>Ideal for:</b> Senior teaching staff and those involved with pupil welfare.	<b>£125 +VAT per person</b> <ul style="list-style-type: none"> <li>▶ Qualified trainer</li> <li>▶ Recognised qualification</li> </ul> <b>1125 Points per person</b>
<b>'Peace of Mind' Counselling</b> This provides early stage, individual support for young people. Our counsellors are trained in a variety of approaches and work to the framework for good practice of the British Association of Counselling and Psychotherapy.	<b>Ideal for:</b> Those schools without an in-house counselling service.	<b>£45 +VAT per session</b> <ul style="list-style-type: none"> <li>▶ Minimum of 2 sessions</li> <li>▶ Qualified counsellors</li> </ul> <b>405 Points</b>

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Charity Number: 801606

## Mind Matters Positive Mental Health for Children and Young People



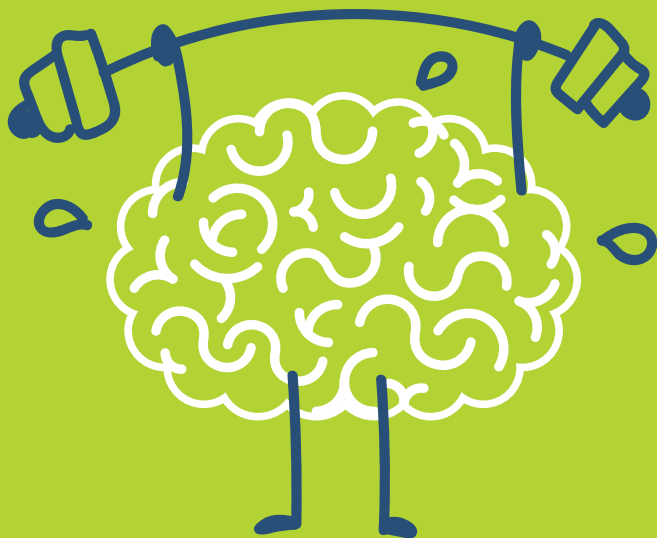
## Mind Matters Points

The **cost effective** and **flexible** way to pay for our mental health services

### Key features

- ▶ Up to 12% discount on the marked prices
- ▶ Flexibility to spend points where and when needs are identified
- ▶ Share points between schools, across clusters or academy groupings
- ▶ Have the backup of a counselling service if you need it or spend the points on preventative programmes
- ▶ Points last for 2 academic years

<b>20,000 points</b> (minimum order)	<b>£2,000 +VAT</b>
<b>45,000 points</b>	<b>£4,455 +VAT</b>
<b>90,000 points</b>	<b>£8,820 +VAT</b>



## Mind Matters Price List 2018 - 2019

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<b>Mental Health Awareness (2 hours)</b>  Providing young people, teachers and parents with practical tools for building resilience, self-esteem, confidence and good mental health.	Continuing professional development or initial awareness sessions.	<b>£175 +VAT</b>  ▶ Up to 30 delegates ▶ 2 hours ▶ 1 trainer  <b>1575 Points</b>
<b>Mental Health Awareness (4 hours)</b>  Providing young people, teachers and parents with practical tools for building resilience, self-esteem, confidence and good mental health.	Teacher training day or collapsed timetable days for young people.	<b>£300 +VAT</b>  ▶ Up to 30 delegates ▶ 4 hours ▶ 1 trainer  <b>2700 Points</b>
<b>Mental Health Roadshow</b>  Providing a high impact, one-off event that will engage a large number of young people in mental health issues.	Collapsed timetable days for whole year group. This allows the exploration of particular issues: exam stress, body confidence, food and mood, friendships and healthy relationships.	<b>£800 +VAT</b>  ▶ Whole year groups ▶ 6 hours ▶ 4 trainers  <b>6300 Points</b>
<b>Mental Health Assembly</b>  An introduction to mental health, raising awareness, challenging stigmas and breaking down barriers for young people.	High school assemblies.	<b>£60 +VAT</b>  ▶ ½ hour ▶ 1 youth mental health engagements worker  <b>528 Points</b>