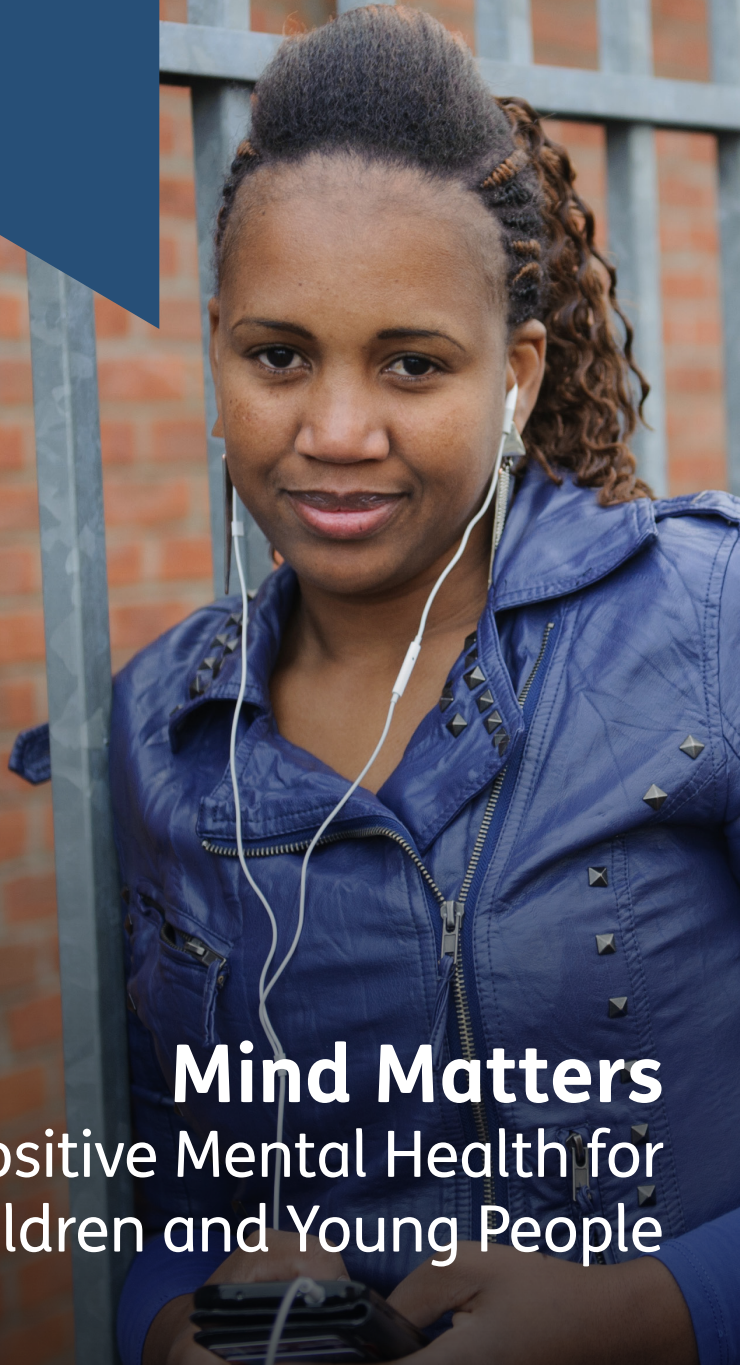


YMCA NORFOLK

YMCA



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

# Mind Matters Price List

Valid till July 2020. Please note all prices are excluding VAT.

## Mental Health Awareness (2 hours)

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Providing young people, teachers, parents, those working in youth settings the practical tools for building resilience, self-esteem, confidence and good mental health.

Ideal for Continuing Professional Development or initial awareness sessions.

**Up to 30 delegates / 2 hours / 1 trainer** **£180 / 1,620 points**

## Mental Health Awareness (4 hours)

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Providing young people, teachers, parents and those working in youth settings the practical tools for building resilience, self-esteem, confidence and good mental health.

Ideal for teacher training days or collapsed timetable days for young people.

**Up to 30 delegates / 4 hours / 1 trainer** **£310 / 2,790 points**

## Mental Health Roadshow

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Providing a high impact, one-off event that will engage a large number of young people about mental health issues.

Ideal for collapsed timetable days for whole year groups. This allows exploration of particular issues: exam stress, body confidence, food and mood, friendships and healthy relationships.

**Whole year groups / 6 hours / 4 trainers** **£824 / 7,416 points**

## Mental Health Assembly

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An introduction to mental health, raising awareness, challenging stigmas and breaking down barriers for young people.

Ideal for school assemblies.

**½ hour / 1 Youth Mental Health Engagement Worker** **£62 / 558 points**

## Mental Health Peer Mentoring

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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.

Ideal for those in later High School Years and those in College.

**15-20 peer mentors / 7x 1 hour sessions over a full term / 1 Youth Mental Health Engagement Worker** **£558 / 5,022 points**

## Youth Mental Health First Aid Training (1 day)

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Provides a good understanding of a range of mental health issues and how best to help young people access other support and specialist services.

Ideal for parents, teachers, young volunteers and those who are supporting young people. An essential tool to be able to identify emerging mental health needs and to prevent problems escalating.

**Qualified trainer / Recognised qualification**

**£88 pp / 792 points pp**

## Youth Mental Health First Aid Training (2 days)

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Provides in-depth exploration and understanding of a range of mental health issues.

Ideal for senior teaching staff, youth workers or those involved with a young person's welfare in alternative provision.

**Qualified trainer / Recognised qualification**

**12 people £1,030 / 9,270 points**

**14 people £1,236 / 11,124 points**

**16 people £1,442 / 12,978 points**

## 'Peace of Mind' Counselling

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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.

Ideal for schools without an in-house counselling service.

**Minimum of 2 sessions / Qualified counsellors**

**£47 per session / 423 points**

## Mind Matters Points

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

### Key features

- ▶ Up to 12% discount on marked prices
- ▶ Flexibility to spend points when and where 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 years from date of purchase

**12,000 points** (minimum order)

**£1,200** +VAT

**20,000 points**

**£2,000** +VAT

**45,000 points**

**£4,455** +VAT

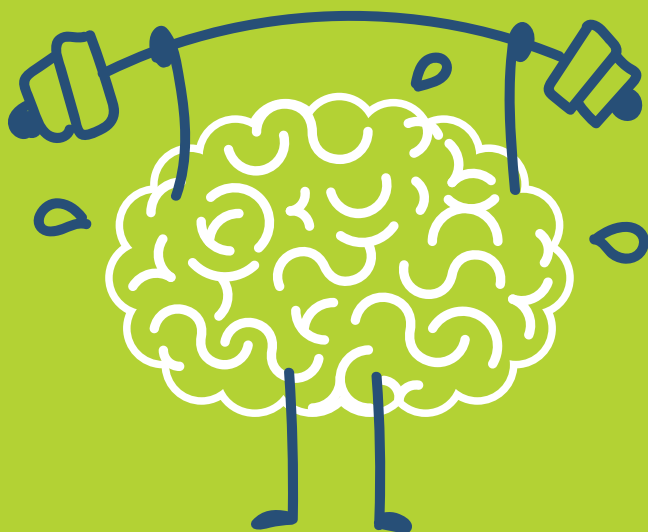
For more information and to book your training course, please contact us on:  
Email: [mindmatters@ymcanorfolk.org](mailto:mindmatters@ymcanorfolk.org)  
Telephone: **07894 566615**

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Charity Number: 801606



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION