Young Minds Matter Gloucestershire

NHS
Gloucestershire Health and Care
NHS Foundation Trust

Your Young Minds Matter (YMM) journey

Step 1

Referral to YMM

You can complete a referral with support from your school's agreed point of contact (such as a mental health lead, Special Educational Needs Coordinator, or the pastoral team).

Or

If you are at Secondary School, you can speak to one of our practitioners via 'YMM Chat' during which we may suggest a self-referral. You can also complete a self-referral at **www.onyourmindglos.nhs.uk**

YMM CHAT
07480 635723

Step 2

Your Assessment

If our service is appropriate for you we will offer an assessment with a mental health practitioner. You can choose whether this is done face-to-face or on a video call. It will usually last for around **60 minutes.**

During this call our practitioner will:

- Listen to your worries and concerns to understand what you would like help with
- Talk to you about possible goals
- Agree some next steps with you.

Step 3

Low Intensity Cognitive Behavioural Therapy

These are usually one-to-one sessions, although we will sometimes also work with parents or carers.

We will usually provide between six and eight sessions, each lasting **45 minutes.**

A mental health practitioner will work with you to provide coping skills and agree tasks between sessions to allow you to practice them.

Step 4

Discharge

In your last session we will;

- Summarise the coping skills you have learned and practised.
- Discuss any further support you require.
- Complete a discharge pack for you to take away.

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