



## More Information on Young Minds Matter, Let's Talk Well (formerly TIC+), School Nurses and Young Glos



### Young Minds Matter (YMM)

YMM is part of the Gloucestershire NHS Foundation Trust. Their Education Mental Health Practitioners visit School in order to help support students.

YMM work with students experiencing mild to moderate or early symptoms of mental health problems, which tend to be outside the scope of traditional NHS services.

They deliver focused, evidence-based interventions to enable earlier and more effective mental health support for children, young people, their families and carers. The team can offer support to students who are struggling with difficulties such as anxiety, low mood or phobias. This can be either face to face, in School, or via a virtual online platform.

Alternatively, students can now refer themselves using YMM Chat:

*YMM Chat and Self-referral (secondary school students only): A friendly team of YMM professionals who are available to chat by from 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 YMM by text if they want to share something that is worrying them, to get some advice or to self-refer and get an appointment.

**Text YMM for support: 07480 635723**



### **Let's Talk Well (formerly Teens in Crisis/TIC+)**

Let's Talk Well provides free counselling and support for 9-25 year olds living in Gloucestershire. We all go through times when we feel worried, confused, angry or sad and sometimes bad things happen to us. Whatever you're going through, it's good to talk about it. We're here to support you and help you find ways to cope. No problem is too big or too small.

Counselling sessions can be arranged with the school to take place on the school site and scheduled during the school day.

#### **To self-refer, please visit:**

<https://www.letstalkwell.org.uk/counselling>

Let's Talk Well also offer anonymous text or phone support through Let's Talk Well Chat. Opening times for this are Sunday to Thursday, 5 - 9pm.

**Text chat:** [www.letstalkwell.org.uk/letstalkwellchat](http://www.letstalkwell.org.uk/letstalkwellchat)

**Phone:** 0300 303 8080

Parent and Carer support is available too:

**Advice line:** 0800 652 5675

**Workshops & Webinars:** [www.letstalkwell.org.uk/parents-carers](http://www.letstalkwell.org.uk/parents-carers)



**Gloucestershire Health and Care**

**NHS Foundation Trust**

**School Nursing Team**

School Nurses are registered nurses, with specialist knowledge and skills to enable them to work with children and young people aged from 5-19 in the community.

They assess and identify community health needs in school settings, offering support and advice on a range of health issues such as emotional health, healthy lifestyle, sleep difficulties, body worries, sexual health, smoking and substance misuse.

For more info on the School Nursing Service click School Nursing > Glos Health & Care NHS Foundation Trust ([ghc.nhs.uk](http://ghc.nhs.uk)). Students can text the School Nursing Team direct, using ChatHealth on **07507 333351** for support and advice (available Monday to Friday 9am-4.30pm).

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### **Young Gloucestershire**

Counselling by phone and via online chat for 16-25 year-olds facing challenges with their mental and emotional well-being.

Young Glos also has Youth Workers and Mentors who can offer practical support to help improve well-being.

Young people can be referred or can refer themselves.

[www.youngglos.org.uk/what-we-do/mental-health-wellbeing](http://www.youngglos.org.uk/what-we-do/mental-health-wellbeing)