



One minute guide

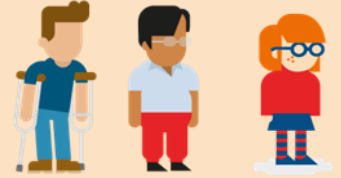
MindMate

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What is MindMate?

MindMate is the name for mental health and well being work with children and young people in Leeds.

MindMate includes: the MindMate self-help website; a single point of access - MindMate SPA for many emotional wellbeing and mental health referrals; and MindMate Wellbeing Support.



What is the MindMate website for?

The [MindMate website](#) has been developed in Leeds with young people, their families and the practitioners who support them. The aim is to help explore emotional wellbeing and mental health issues and offer information about where support is available.

The website is for young people, parents, carers and practitioners. It was developed in consultation with them all and other key partners such as Leeds City Council, the three Leeds Clinical Commissioning Groups, Leeds Community Healthcare NHS Trust, GPs, [YoungMinds](#), [Common Room](#), [The Market Place](#) and other third sector organisations.

The website is not designed to diagnose emotional problems or mental health conditions but offers support and ways to help practitioners, or the children and young people they work with, and describes the services that are on offer in Leeds.

In emergencies (e.g. serious injury or overdose) practitioners should make sure children and young people go to the Emergency Department (for under 16s this is at Leeds General Infirmary only) or call 999.

What is MindMate Single Point of Access?

The MindMate Single Point of Access (SPA) is for all referrals e.g. from GPs, into services for emotional wellbeing and mental health support for children and young people. The **exception to this is schools** which already have a direct referral route to cluster [\(guide\)](#) Guidance and Support Panels. The referral phone line is for practitioners only.

MindMate SPA identifies the best service to support the young person, where there is one. Services that the MindMate SPA can forward referrals to include, but are not limited to, [CAMHS](#), [The Marketplace](#), [Community Links Aspire](#) and cluster multi agency teams including the Special Inclusive Learning Centre (SILC) cluster team. There is no guarantee of support or that a young person will be able to be referred to a particular service.

What is MindMate Wellbeing Support?

MindMate Wellbeing Support is a new term for Emotional Wellbeing and Mental Health support in cluster agency teams. This used to be known as Targeted Mental Health in Schools (TaMHS). Mindmate Wellbeing Support in the clusters includes, but is not limited to:

- School support;
- Family support;
- Group work support;
- Individual counselling;
- Professional consultation; and
- Education Psychology ([guide](#)) support

Support is available for children and young people who go to school in or who live in the cluster area. As a school based service, support is based in or near schools.

Mindmate Wellbeing Support decisions are made at the cluster Guidance and Support panels which meet every few weeks. The right support for the young person is decided here and it is all aimed towards early intervention and short term support for a range of emotional wellbeing and mental health issues including:

- Anxiety;
- Self-harm ([guide](#));
- Attention Deficit Hyperactivity Disorder ([ADHD](#)) query;
- Parenting support; and
- Home or school behaviour

Schools are expected to put in place their Social, Emotional and Mental Health (SEMH) local offer before accessing MindMate Wellbeing Support. MindMate Wellbeing Support can also refer into the MindMate SPA if the support required is longer term, too complex, where a child's emotional health has not improved enough despite their support or where a specialist assessment is needed.

Key contacts and for more information

You can access the MindMate website at www.mindmate.org.uk

For enquiries about making a referral to MindMate SPA – you can follow the advice on the [MindMate SPA page](#) on the MindMate website.

For enquiries about MindMate Wellbeing Support, you can contact joseph.krasinski@leeds.gov.uk