



One minute guide

MindMate Leeds

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What is MindMate?

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

MindMate includes: the MindMate self-help website; MindMate SPA (Single Point of Access), MindMate Champion programme ([guide](#)) and MindMate Wellbeing Support.



What is the MindMate website for?

The [MindMate website](#) was 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 has information for under 25 year olds, their families and practitioners. The content has been developed and approved by young people themselves (or parents and carers) and a clinical panel of professionals in the city.

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) works with all services available locally to find the right support for the child or young person. Practitioners can refer into the SPA, as can young people and parents and carers. Services that 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.

What is MindMate Champions?

MindMate Champions is a self-evaluation, training and awards programme for Leeds schools and children's centres including access to MindMate Lessons: a 5–16 years emotional literacy and mental health curriculum. More information is available on the [website](#).

What is MindMate Wellbeing Support?

MindMate Wellbeing Support is school cluster mental health support providing a range of multi-professional targeted support (the offer will vary according to the local cluster) including:

School support;

Family support; and

Short term and early intervention specialist mental health support.

What other help is available for children and young people?

In addition to the services above, the following help is also available:

Online Counselling - Kooth. In December 2018 NHS Leeds Clinical Commissioning Group commissioned [Kooth](#), for an initial 12-month pilot. Kooth offers children and young people (aged 11-18) timely and easy access to online mental health and well-being support, giving them access to articles, moderated forums and self-help resources 24 hours a day. This is in addition to counsellor messaging and direct one to one counselling sessions. Kooth counsellors are available between 12 noon and 10pm on weekdays, and between 6pm until 10pm on weekends, 365 days a year. The service, accredited by the British Association for Counselling and Psychotherapy (BACP), is available anytime from any connected device.

Leeds Survivor-Led Crisis service – Teen Connect is online/phone support for young people aged 13-18 year olds and their parents and is open 6pm-2am every night of the year tel: 0808 800 1212 and online [click here](#).

What practitioners should do, key contacts and more information

Practitioners should familiarise themselves with the website at www.mindmate.org.uk for both the professional pages and those for children and young people; and be ready to encourage young people to find information for self-management and know how they can get [more support if they need it](#).

You can make contact by emailing: mindmate@nhs.net

To make a referral to MindMate SPA call tel: 0300 5550324 between 9am and 5pm, Monday to Friday.

Information is available about MindMate Champions on the [website](#)

For more information, you can read the [Future in Mind Strategy](#), a plan for Leeds that explains how people are working together to improve mental and emotional health for children and young people.