



# One minute guide

## MindMate Leeds

No. 126, January 2025

### What is MindMate?

[MindMate Leeds](#) is the name for all of the different ways children and young people in the city can get support with their mental health and wellbeing.

MindMate includes: the MindMate self-help website; MindMate SPA (Single Point of Access), MindMate Wellbeing Support (Cluster Support) and the MindMate Friendly and MindMate Champion programme.

### The MindMate website

The [MindMate website](#), aimed at young people under the age of 25 as well as their families and practitioners working with them, is an information hub about support services, advice and information on common issues and self-help guidance, as well as young people's stories.

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 [Neurodiversity Information Hub](#) has key resources, information, advice and support for children, young people and their families, including an explanation of the assessment process for ADHD and Autism in Leeds.

The [Trauma Informed Practice Information Hub](#) is a place for all who work in Leeds to find out more about compassionate and trauma-informed practice.

The [professionals section](#) of the website has information on key services in the city that support children and young people with their mental health and emotional wellbeing.

**Please note: the MindMate website is not designed to diagnose emotional problems or mental health conditions. 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.**

The professionals section also includes [guidelines for practitioners](#) for supporting children and young people who self-harm or feel suicidal.

### MindMate Wellbeing (Cluster) Support

Children and young people attending schools that are [within a cluster](#) can access MindMate Wellbeing support. The offer varies, but will include groupwork, therapeutic counselling and family support. Non-cluster schools provide or buy in emotional wellbeing support and therapeutic counselling directly. Please see the [Schools SEMH Pathway](#) for further details.

## MindMate Single Point of Access (SPA)

Families and professionals (with a Leeds GP) can refer to MindMate SPA. The referral must show that mental health support has been provided within the education setting/ cluster to be accepted by MindMate SPA. The exception is for urgent referrals with concerns about risk, or if there are significant concerns about emotional health. Referrals are screened for clinical urgency, with most accepted referrals placed on a waiting list. SPA directs referrals to make sure the child or young person receives an appropriate service to meet their needs.

Outcomes may include:

- Advice to build on existing support, or self-refer to non-school based support (e.g. [Time for Young People - Leeds](#), [The Marketplace](#), [Kooth](#));
- Referral back for support within education; or
- Referral to CYPMHS (Child & Young People's Mental Health Service - previously referred to as CAMHS) which includes the following pathways: Urgent review; Further assessment/ therapy; Eating Disorder team; Learning Disability team; and Neuro-developmental assessment

For further information, including how to refer, please see the [MindMate SPA webpage](#).

## The MindMate Friendly and MindMate Champions programme

The [MindMate Friendly and MindMate Champions programme](#) is a whole school and setting approach to Social, Emotional and Mental Health (SEMH). The MindMate Friendly programme is designed to promote best practice in SEMH provision and supports schools and settings to self-review their SEMH provision.

The MindMate Champions programme, in which schools conduct an evidence-based intervention and demonstrate its impact, supports schools to improve specific SEMH outcomes for children and young people. The programme includes the MindMate Lessons, an emotional literacy curriculum designed to support class-based discussions and learning around mental health and wellbeing. They are designed to fit into the Personal, Social, Health and Economic (PSHE) curriculum, in a modern, engaging and evidence-based manner.

## What practitioners should do, and further information

Practitioners should familiarise themselves with the website at <https://mindmate.org.uk/>, both the professional pages and those for children and young people. They should be ready to encourage young people to find information for self-management, and to know how they can get more support if they need it.

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.