

WHAT DOES YMM OFFER?



All group work requires individual referrals



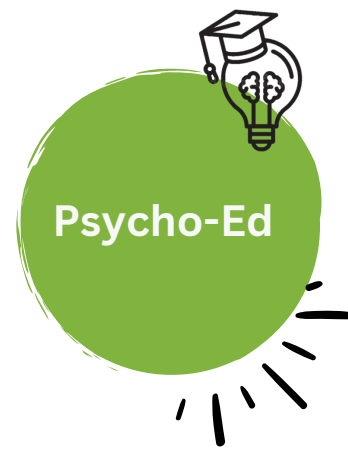
Primary:

- Managing my worries
- Understanding emotions
- Anxiety
- Self-esteem

Secondary:

- Self-Esteem
- Resilience
- Anxiety
- Understanding Emotions
- Low level OCD

These can be offered as assemblies (in person or recorded) or as workshops. Book via Consultation.



Primary:

- Anxiety
- Exam Stress
- Connections
- Normalising emotions
- Understanding relationships
- Transition
- What is Mental Health?

Secondary:

- Anxiety
- Low Mood
- Exam Stress
- Connections
- Normalising Emotions
- Social anxiety and self esteem
- Transition
- What is Mental Health?



Book via Consultation

- Understanding Mental Health and supporting CYP in school
- What is YMM? What can YMM offer your school?
- The perfect referral
- GHLL provide lots of further training, support and advice - www.ghll.org.uk

We can also offer:

- Attend parent evenings
- YMM Stalls
- Coffee Mornings

