

## Who are we?

The Wellbeing in Mind Team (WiMT) is your local Mental Health Support Team. We provide mental health and wellbeing support in educational settings.

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### Whole School Approach

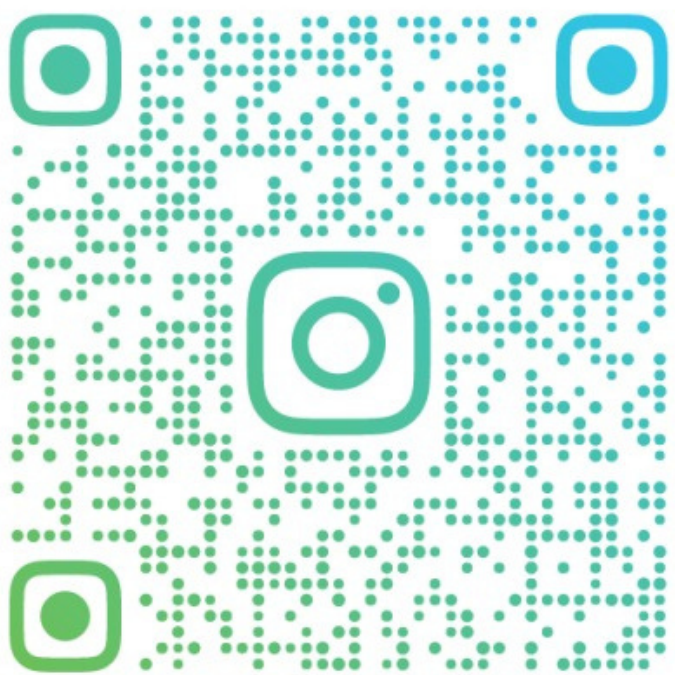
We work collaboratively with all school staff to develop their whole school approach to mental wellbeing. There is no 'one size fits all' and WiMT will be responsive to your school's needs.

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### Advice

We provide timely advice to school staff, and liaise with external services, to help pupils, students and staff to get the right support for their wellbeing.

## Find out more



@WELLBEINGINMIND.MHST

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### Direct work

Where a need is identified, we deliver evidence-based interventions for mild to moderate mental wellbeing issues. These could take place through 1:1, small group, or parent-led support sessions.



Speak to the WiMT team in school



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