

WHY DO WE DO IT?

Because poor mental health is a \$1 trillion global issue and over 70% of individuals with mental health issues never seek treatment.

In the UK, one in four children show some evidence of mental ill health.

As per the NHS, half of all mental health problems appear before the age of 14, with one in four enduring mental health conditions present by the age of 24.



The mental health conditions we focus on are:

- Anxiety
- Depression
- ADHD and mental health
- Conduct Disorders
- Obsessive-Compulsive Disorder (OCD)
- Post-traumatic Stress Disorder (PTSD)
- Bipolar Disorder
- Autism and mental health
- Borderline Personality Disorder



Make a difference

Better Together

STAY IN TOUCH:

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Telephone- 0161 250 6223

Website- <https://mindsum.org/>

Twitter- @MindsumOrg

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MINDSUM

Mental healthcare for people,
not for profit



Continuous Innovation

WHO ARE WE?

Mindsum is a platform for children, young people (up to age 24) and their parents to get credible information, support, counselling and therapies.

Our aim is to make sure children and young people's mental illness is understood, supported and treated with the help of technology and online community engagement.

OUR VISION

Our vision is to build a bright future for children and young people with mental health challenges.

OUR MISSION

We are on a mission to understand, support and treat mental health conditions of children and young people.

WHAT CAN WE DO FOR YOU?

As a school who specialises in Autism and ADHD, we feel we can help and support your students and their parents with the mental health problems that arise from these difficulties.

PEER SUPPORT WORK

With our peer support work initiative, our focus with your school is to bridge the gap for parents who do not know where to turn, offering signposting, resources and support sessions with our new peer support workers.

HOW WILL THIS HELP?

From our research, we understand that parenting a child with a mental illness is difficult and sometimes all consuming.

Peer support will offer parents a non-judgmental, open zone where they can speak freely. We value their experience as an individual and offer personalised support, whilst maintaining a positive outlook and focusing on strengths, hope and optimism.

OUR PLANS FOR THE FUTURE

EVENTS/WEBINARS- Run by professional speakers such as occupational therapists (funded by Mindsum) on topics like:

- Sleep
- Routine
- Toilet training

CAMPAIGNS- Collaborating with your school to run awareness campaigns and fundraisers

GROUP SUPPORT SESSIONS- Either online or face-to-face sessions with parents who can support one another, with a peer support member present to guide the topic of conversation

