

One to one support sessions

If a young person meets the criteria for our service, we will offer them a session to talk to a trained professional to explore what is available and what might be helpful. We'll also agree together when and if we need to meet again for further sessions and plan what we might cover. Our one to one sessions are designed to support young people's understanding of their own mental health and to give them the tools to stay well. We will also support schools by signposting them to other appropriate services if necessary.

For further information, please contact:

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Other services and support

The Big Umbrella is an early intervention project aimed at building young people's resilience and equipping them with the skills to manage and maintain good mental wellbeing. Coventry & Warwickshire Mind also provide a range of other services which target children and young people with mild to moderate mental health issues & who may need longer or more intensive support.

You can access information about these services on our website. The Big Umbrella project will also work collaboratively with our other services and CAMHS to ensure that children and young people get the correct level of support.



Big Umbrella

A school project: offered for free and designed with young people to promote positive mental health



We are Coventry & Warwickshire Mind; your local mental health charity. We are part of National Mind, the leading mental health charity. We provide advice, support and information to empower anyone with a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect.

We have been delivering services and support to children & young people for over 16 years. We were part of a hugely successful national DfE (Department for Education) funded project called The Big Umbrella which was piloted in Nuneaton, Bedworth, Tameside, Oldham and Northumberland. We have since been successful in securing a further 7 years funding for this project as part of our partnership with Coventry & Warwickshire Partnership Trust (CWPT) for our joint service: Rise.

In an average classroom:

- 10** young people will have witnessed their parents separate
- 8** will have experienced severe physical violence, sexual abuse or neglect
- 7** will have been bullied
- 1** will have experienced the death of a parent

The DfE identified that mental health support has a significant role in supporting better outcomes for children and young people. Our service, developed in collaboration with local young people, promotes positive mental health and wellbeing and challenges stigma. It will raise pupils' awareness of mental health issues and improve their access to further information. It will enable effective early support, deliver a targeted workshop and provide one to one guided self-help and support.

Best of all it's free!

“By promoting good mental health and intervening early, particularly in the crucial childhood and teenage years, we can help to prevent mental illness from developing and mitigate its effects when it does”

No Health Without Mental Health: A cross-government strategy (2011)

We start with our whole school assembly

This might be the first time a young person has heard about mental health and our aim is to raise awareness and talk openly about mental health. Our assembly explores what mental health, emotional wellbeing and resilience is and provides a brief focus on coping mechanisms.

Resilience workshops

Children and young people might then be part of our workshop which is delivered to individual classes. Our workshop is open and friendly and we want to equip young people with the skills to help them talk about and deal with their emotions, as well as giving them an understanding of what resilience means and how they can build their own resilience.