

# HEALTHIER MINDS

## Journey to Support

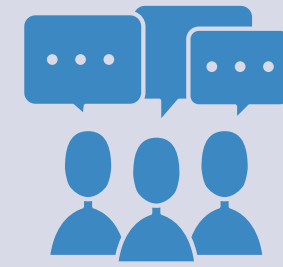


### Referral

Young people who are seeking support with their emotional wellbeing can submit a referral to the Healthier Minds Hub through their **school** or **GP**.

We also have an option to **self-refer** on the Healthier Minds website ([QR code below](#)).

Someone from the team might call you to chat about what type of support you might benefit from.

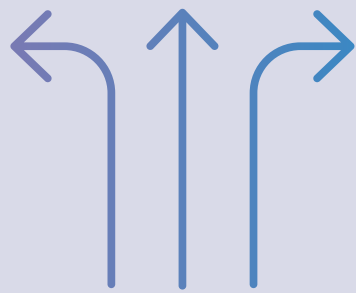


### Hub

The **Healthier Minds Screening Hub** is a meeting that occurs every **Wednesday**. Professionals from mental wellbeing services have a **discussion** using the information that you provided on your referral form. We aim to offer the most appropriate support, with your views in mind.

### Possible Outcomes

During our Healthier Minds Screening Hub, we come to a decision about possible support for each young person. You may be **offered support** from the Healthier Minds Team or a member of one of our partner services. Alternatively, we might feel that there is **no role for Healthier Minds** at the moment. This can be because we feel that you are being supported well by others (school or another service), or that another service might be more suited to support you at this time.



### Offer of Support

If you have been offered support, **someone from the team or from school will call you** to let you know. We then pass your referral form over to the worker who will be supporting you. Your worker will be in touch to discuss the support and to organise a first meeting. Support might be **weekly** or **two weekly**, and can take place in **school**, at **home** or in the **community**. There may be a short wait for support to begin at this stage.



### No role for HMT

If we feel that there is no role for Healthier Minds at the moment, **someone from the team or from school will call you** to let you know. We might tell you about **websites, apps** or **services** that you might find useful alongside your current support. If we feel that another service is more suited to support your needs, we will chat through the best way to get in touch with them. **You can re-refer to Healthier Minds at any time.**



### Useful Information

**If you feel like you are unable to keep yourself safe** - Call 111 NHS for medical advice or call 101 or 999 for emergency support. **To talk** - speak to a trusted adult or call Childline free on 0800 1111 to speak to a counsellor. **For information and support** - Apps such as Calm Harm and Mindshift, Aye Mind website or Healthier Minds website (scan the QR code below).

scan me! →

