

We know that our mental health and wellbeing are vital to our ability to thrive and achieve. One in ten young people have some form of diagnosable mental health condition and we know that children with a mental health problem face unequal chances in their lives.

Children and young people with mental health problems are more likely to experience increased disruption to their education, via time off school and exclusions, than children with no mental health problems.



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Secure Mind Solutions

Delivering

'SAFEGUARDING ME'

- Emotional Intelligence
- Physical, Emotional and Mental Wellbeing
- Travel Training
- Self Protection
- Anti-Bullying strategies
- Can be delivered as part of a EHC Plan

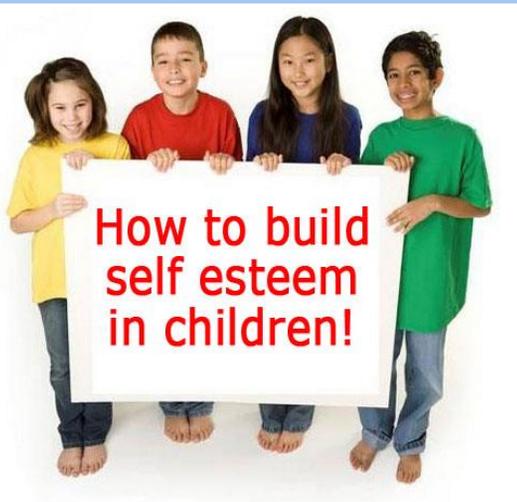
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Teaching children to protect their future needs.

We want to help schools and children's homes develop a culture of inclusive mental health support that is woven into the morals and values of every individual involved in the lives of the children and young people. This incorporates physical health and self-protection.

Examples of the Program Content



Travel Training:

- How to use and stay safe on public transport (Trains / Buses / Taxis / Minicabs)
- Asking for directions (awareness of appropriate people to ask)
- Keeping safe in the community
- Clothing awareness (what to wear / not to wear that may attract the wrong type of attention)
- Exploration of 'Safe Havens'
- Impact of body language

Emotional Intelligence:

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social Skills
- Morals and values

Self Protection:

- Awareness of self and the environment and the benefits of improved awareness
- Positive, confident body language
- De-escalation techniques
- The Law
- Adrenalin reactions – Fight / Flight / Freeze
- Threat awareness and avoidance
- How to recognise and respond to your biological and cognitive responses to fear
- Self-defence and breakaway techniques

Physical, Emotional and Mental Wellbeing

- What is self-esteem / self-worth?
- Causes of low self-esteem
- Consequences of low self-esteem
- How to improve esteem / confidence
- Deepened self-awareness
- Exercise

