

MIND MATES

PARENT INFORMATION & CONSENT

Dear Parent/Guardian,

Portsmouth MHST and Kings Academy College Park will be working alongside each other to deliver a 6 week PSHE programme, Mind Mates.

Mind mates is a small group designed to support young people to understand and manage their emotions with a specific focus on managing worries. The programme uses a cognitive behavioural therapy approach, this involves the introduction & practice of skills.

We will be collecting feedback from each session in order to develop the group and improve our practice. Any data collected will remain anonymous and stored in line with GDPR.

We will send out a parent information pack containing a session outline and the skills taught in order for you to support your child embed the skills learned.

Kind regards

Portsmouth MHST & Kings Academy College Park