



Supporting your Mental
Health and Wellbeing

Portsmouth
MHST

Mind and Mood Group

Mind and Mood is a group that provides support to help you learn skills to manage your mental health and well-being, with an opportunity to practice these skills between each session. Topics include problem solving, behaviour change, challenging thoughts and mindfulness.

It is for secondary aged young people in years 7-11 experiencing mild mental health and well-being difficulties. If you want to learn new strategies to help you manage both low mood and anxiety, this is the group for you.

This interactive group is delivered by Educational Mental Health Practitioners over the course of 6 weekly sessions. With each session lasting for 1.5 hours.

Group work is good for sharing problems, learning from others and connecting with new people who may be in similar situations.

"It gave me some solid structure to follow to help with everyday issues"

"I feel good about going and I feel I have some good skills now"



Who to contact?

Speak to a teacher (such as a tutor or head of year) who can get in touch with your school's Mental Health Support Team link worker.