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empowering conversations on mental health.

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Trademark number: UK00003983037



2,883,910
young people

have a probable mental health
problem in England and Wales.



about us

Mind of the Student (MOTS) gives young people the confidence to speak about their mental health.

We do this by delivering school-wide mental health workshops and community-led programmes, which equip young people with the knowledge, confidence and skills to recognise and address their own mental health needs.



vision

We exist so that every young person feels empowered to speak about their mental in school.

We want every young person in school feeling able to speak about their mental health confidently with friends, teachers, family and professionals.



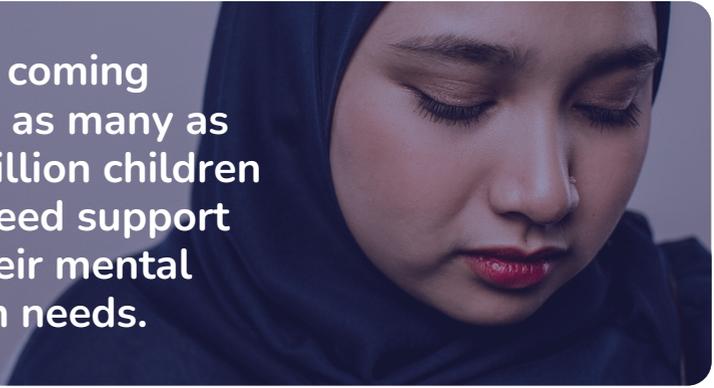
mission

Equip young people in secondary schools, with the knowledge, confidence and skills to address their mental health needs.

This will be achieved by working in partnership with young people and secondary schools.

the problem

In the coming years, as many as 1.5 million children will need support for their mental health needs.



Mental Health Literacy

Two-thirds of young people lack confidence in seeking mental health support, and half struggle to self-regulate during emotional distress.



School avoidance is up

28% of children and young people at some point will experience emotionally based non-attendance in their academic journey.



Two tier CAMHS crisis

Two-thirds of councils have axed funding for young people's mental health, including non-statutory tier two support.

our goals and objectives

The MOTS team have a clear, long term plan in place that helps guide charity growth, and operations - allowing more young people access to our unique services.

1 - Increase Mental Health Awareness

2 - Provide Tools and Coping Strategies

3 - Promote Early Intervention and Help

Year 1 to 2

- 1 - Train 50 volunteers to support with programme delivery**
- 2 - Onboard a Director and Head of Programmes as paid staff**
- 3 - Onboard a part-time Volunteers Coordinator**
- 4 - Expand Young Listeners and Forward Focus programme**
- 5 - Onboard a part-time Admin**

Year 3 to 4

- 1 - Train 100 volunteers to support with programme delivery**
- 2 - Expand programme delivery and free online resources**
- 3 - Onboard full-time Volunteers Coordinator**
- 4 - Onboard a full-time Admin**
- 5 - Deliver a commissioned service**



core programmes



Whole-School Mental Health Workshops

Workshop topics:

Depression

Anxiety

Exam Stress

Confidentiality

Our mental health whole-school workshops are designed to equip young people with knowledge, skills, and confidence, catalysing conversations not just at school but at home as well.

Impact so far, post-programme:



feel confident talking with friends and family on their mental health.



feel confident calming themselves when in emotional distress.

core programmes cont'd



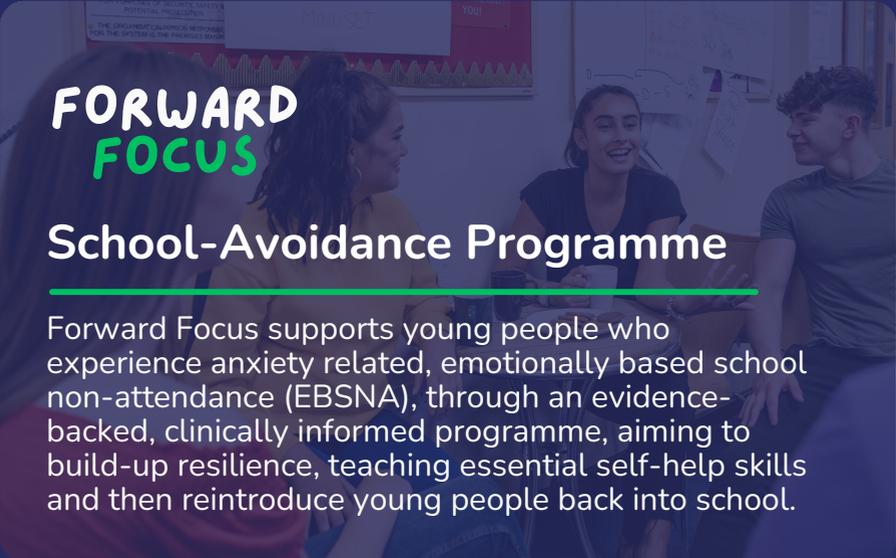
The Young Listeners programme will give young people active listening skills, increased empathy, and the opportunity to learn invaluable tools for managing their own mental wellbeing.

Impact so far, post-programme:

 82%
have used active listening skills to help someone in emotional distress.

 79%
feel more confident administering self-care in school and at home.

other programmes



FORWARD FOCUS

School-Avoidance Programme

Forward Focus supports young people who experience anxiety related, emotionally based school non-attendance (EBSNA), through an evidence-backed, clinically informed programme, aiming to build-up resilience, teaching essential self-help skills and then reintroduce young people back into school.



Inner Canvas

Art Therapy Workshops

Inner Canvas workshops aim to enhance emotional expression, increase self-awareness, improve coping skills, reduce stress and anxiety, strengthen interpersonal relationships, and better self-esteem. Inner Canvas workshops are delivered by trained Art Therapists alongside experienced volunteers.

our team

The MOTS team includes our core leadership team, trustees, alongside programme facilitators who all have a background in psychology or related subject. Visit our website to see our full team.



Kieran Goodwin

**Co-Founder
Charity Director**



Jaylan Sesli

**Co-Founder
Head of Programmes**



Dr Chuks Nwuba

**Clinical Lead
Mind of the Student**



Natalie Kashirsky

**Senior Facilitator
Mind of the Student**



Alishia Jallo

**Facilitator
Mind of the Student**



Wasington Ali

**Facilitator
Mind of the Student**

Where we work

Our charity has so far worked in over 40 schools, across London, the Home Counties and Leeds. MOTS is now working in 2 family hubs too.

We are expanding our reach every year and keen to deliver MOTS services in your area.





Only 33%

young people

are comfortable talking about
their mental health/wellbeing.

corporate packages

Champion Supporter

- Support one whole-school mental health workshop day and one follow-on programmes
- Four Corporate Ambassador sessions
- One press release and four social media posts
- Four newsletter mentions
- Logo added to the MOTS website and on printed resources
- Corporate mental health wellbeing day

£12,500

key Supporter

- Support one whole-school mental health workshop day and one follow-on programme
- Two Corporate Ambassador sessions
- One press release and two social media posts
- Two newsletter mentions
- Logo added to the MOTS website

£6,000

star Supporter

- Support one whole school mental health workshop
- One Corporate Ambassador session
- One social media post
- Logo added to the MOTS website
- One newsletter mention

£2,500

*Social media channels can include: Twitter, Facebook, Instagram and LinkedIn

If you are interested in any of our corporate packages, please contact Jaylan Sesli (Head of Programmes and Partnerships) jaylan@mindofthestudent.org.uk/020 3916 5306.

mots corporate charity ambassadors

Corporate supporters have an incredible opportunity to make a tangible difference in the lives of young people by getting involved with a Mind of the Student programme.

1

Corporate Ambassadors can attend and observe our **school mental health workshops**, get involved in focus groups and provide valuable feedback to improve the programme's content and delivery.

2

Corporate Ambassadors have a unique opportunity to immerse themselves in the **Young Listeners programme**, offering valuable mentorship and leading group discussions aimed at empowering the participants.

3

Corporate Ambassadors can play a pivotal role in supporting young people at **Inner Canvas workshops**, actively participating in the creative process and contributing to the development of coping mechanisms and self-awareness.

event sponsorship

headline sponsor

- Main Event Sponsor “In association with”
- Your Large Logo on the main event banner
- Six Social Media* promotions and link to business
- Full page advertisement in the A4 Event programme
- Logo on all printed material and website
- Distribution of promotional material to all attendees
- Stall and four premium event tickets

£5,000

key sponsor

- Your Large Logo added to main event banner
- Four Social Media* promotions and link to business
- Half page advertisement in the A4 Event programme
- Logo on all printed material and website
- Stall and two premium event tickets

£1,000

star sponsor

- Logo added to main event banner
- One social media* promotion and link to business
- Quarter page advertisement in the A4 Event programme
- Two standard event tickets

£500

If you are interested in any of our event sponsorship packages, please contact Jaylan Sesli (Head of Programmes and Partnerships) jaylan@mindofthestudent.org.uk/020 3916 5306.



other ways to support

Challenge Events

Inspire wellness, creativity, and purpose among your staff by sponsoring an employee challenge. From sponsored walks and runs to virtual bake-offs, charity auctions, and even a skydive, there are so many ways for your team to raise funds for MOTS.

Charity of the Year

Choose MOTS as your "Charity of the Year" highlighting your commitment to mental health. We will work closely creating a tailored partnership that aligns with your corporate social responsibility goals.

Match Fundraising

Double our fundraising efforts, by becoming a match pledger. Contact us to find out more.

case studies

Ada - Year 7 Case Study



Video: Ada took part in our whole-school mental health workshop day. Click the link above to listen to Ada talk about how social media has affected her mental health and the importance of reaching out.



“Young Listeners taught me new skills to help deal with my panic attacks, and also gave me the tools to help others who experience anxiety.”

Josh - Year 10, Hall Mead School



“Young Listeners taught me new skills to help deal with my panic attacks, and also gave me the tools to help others who experience anxiety.”

Gabby - Year 8, Hall Mead School



Want to hear more testimonials from the young people we support? Visit [@TheMOTSCharity](#) on Instagram!

our impact

To effectively measure and report on the changes plus benefits of our programmes, we implement a tried and tested, comprehensive evaluation framework. This includes both quantitative and qualitative methods, such as pre- and post-programme surveys, to assess changes in participants' self-reported skills, attitudes, and mental health outcomes.

Additionally, conducting focus groups with participants will provide rich qualitative data on their experiences, perceived benefits, and areas for improvement.

Whole-School Mental Health Workshops



feel confident talking with friends and family on their mental health.



feel confident calming themselves when in emotional distress.

Young Listeners Programme



have used active listening skills to help someone in emotional distress.



feel more confident administering self-care in school and at home.

Forward Focus



2 out of 3
have returned to school following our programme.



improved understanding on triggers and ways to minimise stressors.

endorsements

We actively collaborate with teachers, educational leaders, and our partners. This enables us to effectively gauge the impact we are making on young people, through testimonials, surveys and focus groups.



“I loved the physical representation with the bucket and water and the stigma breaking activity, such a physical way to challenge these ideas.”

Olivia Drais - Jo Richardson Community School



“I have come across many charities and MOTS is one of the best I had the pleasure of working with. They work tirelessly on their mission! I can't recommend them enough.”

Natalie Sheldrick - Covasure Southend



“As a service we are thrilled to work with MOTS on Young Listeners which will ensure young people can get additional support and gain essential self-help skills.”

Corrinna Martin - Buckinghamshire Council



“It has been an absolute pleasure working with MOTS on shaping the Young Listener's programme in Havering - thank you for providing this much needed service.”

John Morris- Empower Learning Academy Trust

investors and partners



We would love for you to support us in reaching our aims. Please contact our Head of Programmes/Partnerships Jaylan Sesli jaylan@mindofthestudent.org.uk if you are interested in becoming a MOTS Champion Partner.

mots: in numbers

40,600 youth

educated on mental health excl. pilot

5 doctors

involved with MOTS programme content

10+ partners

incl. investors, businesses trusts and other charities

2 co-founders

Kieran and Jaylan co-founded MOTS in Dec 2022

425 hours

of time given by volunteers as of Jan 2023

14.1 thousand

MOTS social media followers

35 volunteers

registered to support

2 Family Hubs

partnered with MOTS

10+ counties

MOTS has worked within

2 PRU's

involved with MOTS

5 trustees

incl. Chair and Treasurer

40+ schools

visited as of Jan 2023

16 trained

programme facilitators

Youth informed

from our Youth Committee

We are facing a mental health epidemic. Young people need you, more than ever.

Don't turn
your back.

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student