



# There is a global problem with our children's mental health

Young people shouldn't have to wait for a mental health crisis to get help.



## Shaping more robust and successful learners

youHQ is uniquely changing the way schools care for their people by incorporating effective mood and wellbeing monitoring with therapeutic CBT-style tools.

- ✓ Allows students to self-reflect
- ✓ Gives teachers the insight to identify those students who need support
- ✓ Gives students therapeutic tools to self-care



## An extra pair of hands for pastoral care

In an ever increasing busy and high pressured teacher role it's understandably difficult to detecting potential mental health emergencies.

youHQ was developed by education and psychology experts, and refined through in-school testing to help identify students who may need more support by automating pastoral-related administrative tasks and encouraging pupil-tutor conversations.

*Ask your youHQ lead about the teacher wellbeing area*

**If you have any questions please get in contact with your:**

youHQ lead:

To be completed by youHQ lead

youHQ school ID:

To be completed by youHQ lead

**Scan this code to learn how to implement youHQ in your school**





# Have you checked out **youHQ**, the school's new wellbeing app?

The app is a new way you can reach out if you need support. It has lots of tools and resources to help you live your best life.



**Learn about values**  
Understand what matters most to you



**Create a plan**  
Set goals towards a fulfilled life



**Get prepared for greatness**  
Learn personal development and wellbeing skills



**Make it personal**  
Customise your own avatar



**Ask for your form tutor if you haven't yet got your login email.**

