

Introducing myHappy mind



NHS
Backed by NHS

Certified



Corporation

About Us



Who we are

- An **award-winning** programme that has received national recognition for its exceptional work with children aged 3-18 in schools, nurseries, families, and organisations across the UK.
- **Backed by NHS** using preventative strategies firmly rooted in science, research, and the fields of neuroscience and positive psychology.
- In collaboration with **26 Places** nationally.



Our Philosophy



1. Proactive not reactive

Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively. Prevention is at the heart of what we do.



2. Stigma reversing

Ensuring that individuals understand the science behind how their brains work and how to impact their self-esteem and resilience is at the heart of what we do. When people get the why, they take action.



3. A systemic approach

We passionately believe in supporting both Staff and Parents wellbeing alongside the children. That's why we provide a CPD-certified wellbeing programme for all staff in the schools and nurseries we support along with a state of the art Parent App so the learning journey can continue at home.



4. Fun to Learn and Easy to Teach

myHappyMind is easy to teach via our digital lessons and resources which are all pre-made for teachers, which means planning time is minimal. We also believe mental health education can and should be fun, we integrate quizzes, music, games, and our lovely characters to make myHappyMind fun to learn!



5. Equitable access for all

We're also proud that myHappymind is tailored to meet the needs of neuro-diverse children and we have a dedicated Special Schools programme. myHappymind has also been modified to support those children who are hard of hearing or partially sighted.

myHappymind takes a trauma-informed approach, ensuring that the unique experiences and needs of all children are understood and addressed with sensitivity and care.



NICE Guidance

myHappyMind aligns with the NICE Guidance and NHS England's Long Term Plan to increase access to mental health education by:

- **Empowering children** to understand their own mental health by teaching them the same methodology delivered to school staff and families: *"No decision about me, without me"* – Department of Health, 2010
- Developing a **Growth Mindset** and **Strengths-based** approach to cultivate positive mental health
- **Providing a wealth of resources and a science backed methodology:** *"Children and their families need good information"* – NICE
- **Developing a whole school approach & working collaboratively with system partners:** *"Foster a culture where we work collaboratively in providing holistic care for our children and young people."* – NICE



How our work aligns with i-THRIVE

Promotes **positive mental health practices**, such as mindfulness, gratitude, and positive relationships. These teachings provide foundational advice for children to develop healthy mental habits.

Encourages approaches that foster mental well-being and positive development, **promoting thriving rather than just surviving**.

Advocates for the **integration of mental health education** into regular activities and environments where children spend their time, such as schools.



Emphasises **empowering children and young people to take an active role** in their own well-being and mental health management.

Recognises the importance of the **community and environmental factors** in supporting the mental health and well-being of children and young people.

Advocates for a **holistic approach** to mental health, considering all aspects of a child's life and well-being.

Our Content



Our Content

Children's Content



Parent App

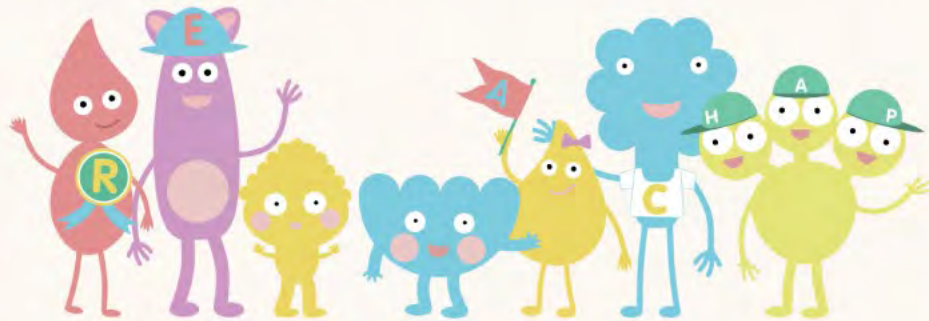


Staff wellbeing

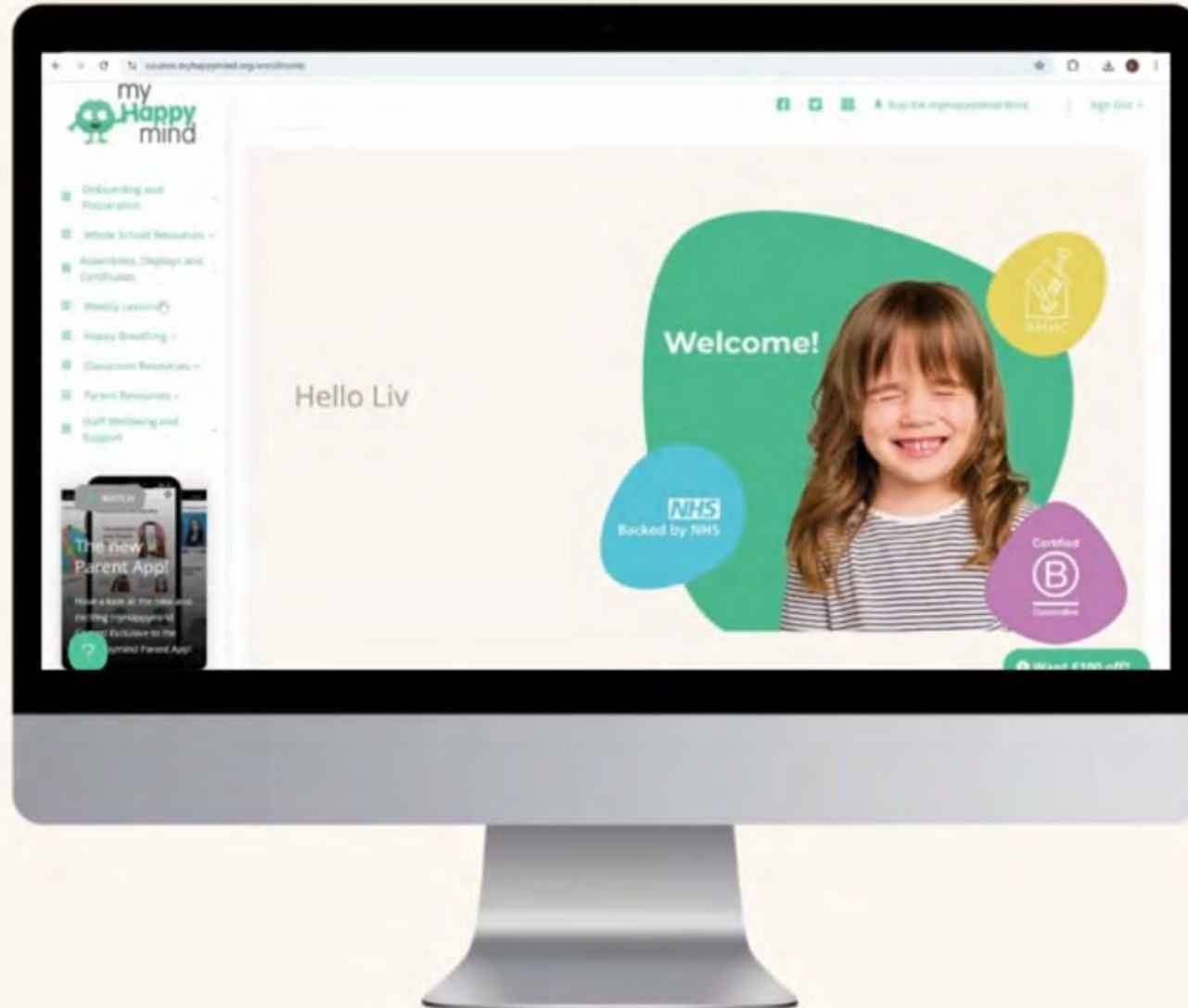


Children's Content


myHappy mind Team



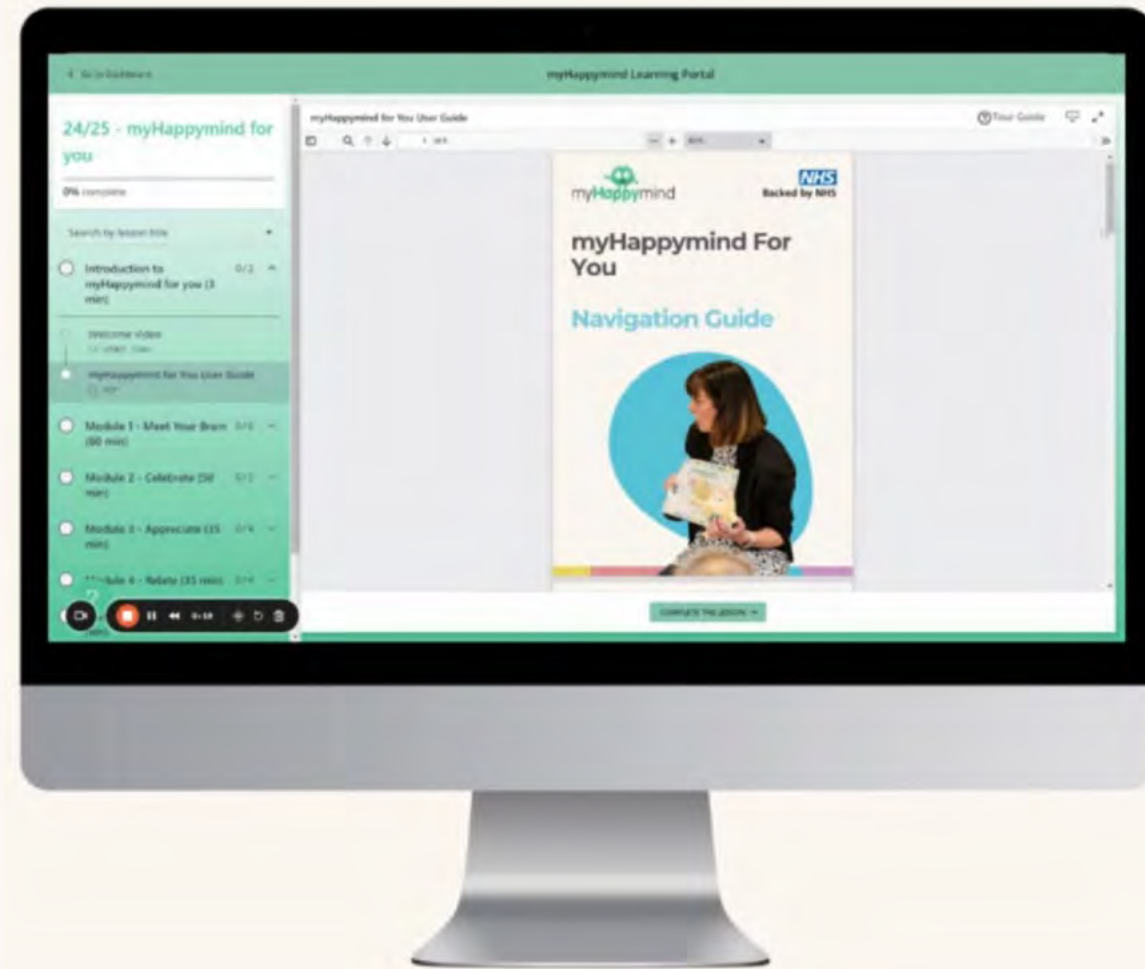
The Portal



Parent App



Staff Wellbeing



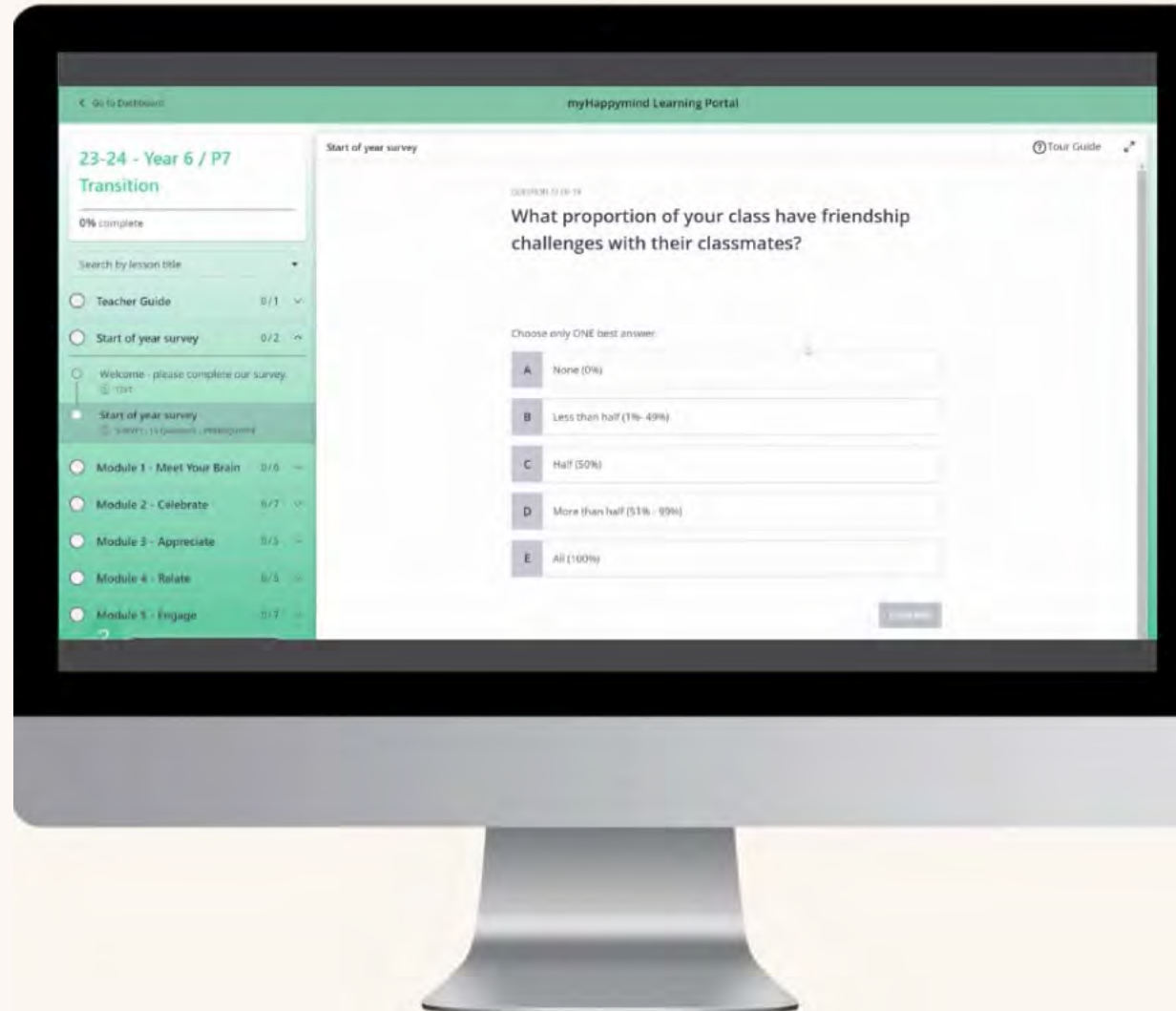
Our Resources



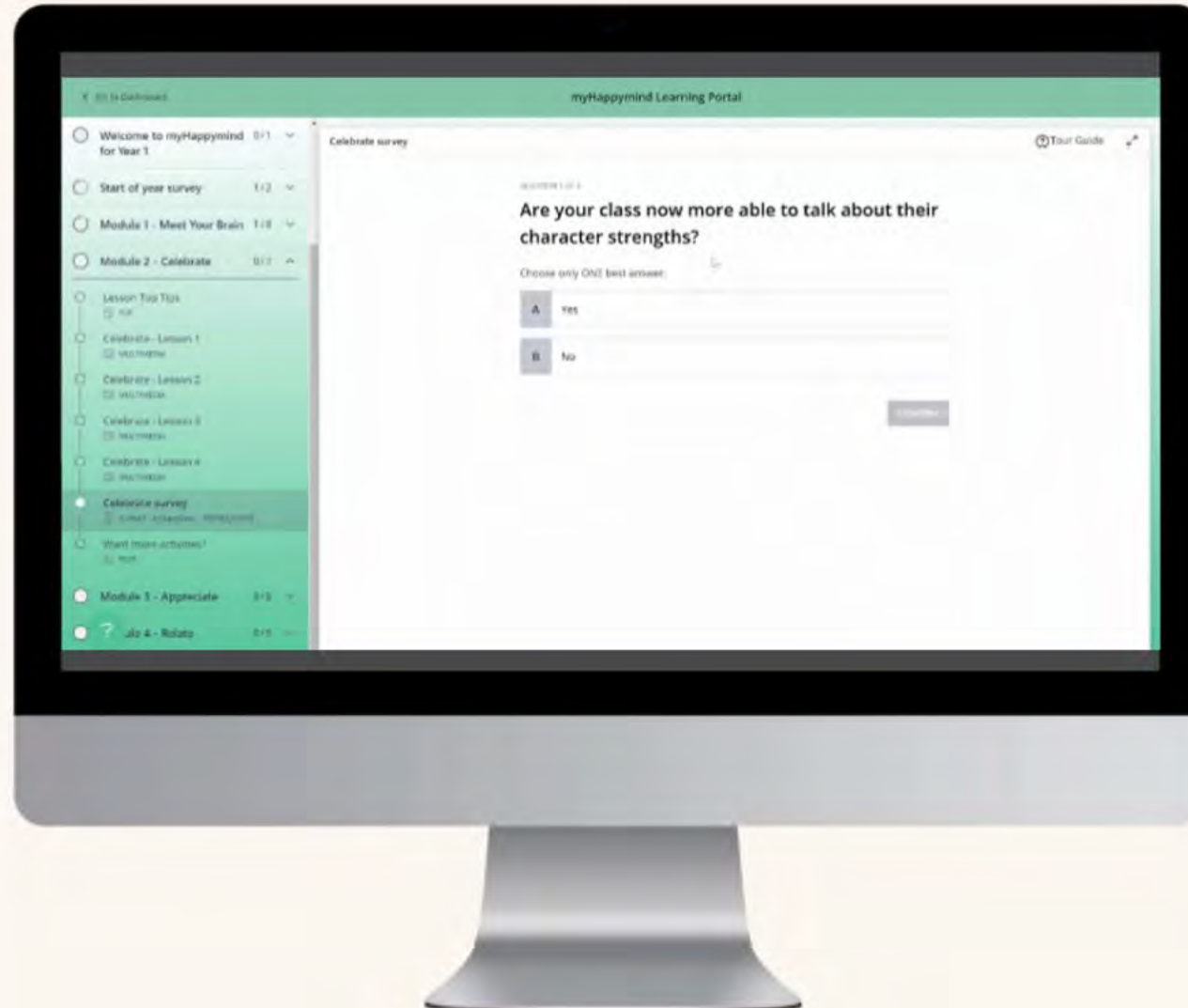
Our Impact



Start of Year Surveys



Pulse Surveys



Impact Reports

About Us

myHappyMind is an award winning, whole school and nursery curriculum. It teaches children preventative habits that support positive mental health, resilience and self esteem.

Taught to every child in a school from Early Years through to Year 6, myHappyMind is delivered via an innovative technology platform making learning easy and fun.

All of the concepts we teach are based in science and research and grounded in Neuroscience and positive psychology.

We are passionate about supporting teacher wellbeing too and so all schools using the programme have access to a teacher wellbeing programme.

We are also proud to support parents by providing them with a free app to continue the learning at home.



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School Spread - myHappyMind is supporting 72 schools and 16,573 students across Chorley & South Ribble and Greater Preston



Phase 1 Schools (7) Chorley & South Ribble

1. Lancaster Lane Primary School
2. St Marys Primary School
3. St Oswalds Primary School
4. Mayfield School
5. Manor Road School
6. Barnacre Road Primary School
7. Brinscall St Johns CE Primary School



Phase 2 Schools (11) Greater Preston

8. Brockholes Wood Community Primary School
9. Holme Slack Community Primary School
10. Fishwick Primary School, Preston
11. Brookfield Community Primary School
12. St Theresa's Catholic Primary School



Phase 3 Schools (12) Greater Preston

13. St Francis Catholic Primary School
14. Deepdale Community Primary School
15. Queen's Drive Primary School
16. The Blessed Sacrament Catholic Primary School
17. Fulwood and Cadley Primary School
18. Broughton-in-Amounderness CE Primary School
19. Cottam Primary School

Chorley & South Ribble

20. St Mary's RC Primary School, Chipping
21. Clayton-le-woods CE Primary School
22. Brindle St James' CE PS, Chorley
23. Arderton Primary School, Adlington
24. Brinsall Gregson Lane Primary School
25. St Catharines Catholic Primary School, Layland

Chorley & South Ribble

26. Duke Street Primary School
27. Sacred Heart Catholic Primary School, Chorley
28. The Parish of St Laurence CE Primary School, Chorley
29. St Joseph's Catholic Primary School, Chorley
30. Copull St Johns Church of England Primary School

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Early intervention & prevention

£3000+

Average cost of a CAMHS referral and 6 counselling sessions for one child

A 2017 BASW report states that the average cost of a CAMHS referral and 6 counselling sessions for a child is £2567. With a 12% adjustment for inflation this cost is likely now closer to £3000.

£2000

The cost of a programme like myHappyMind for an average school

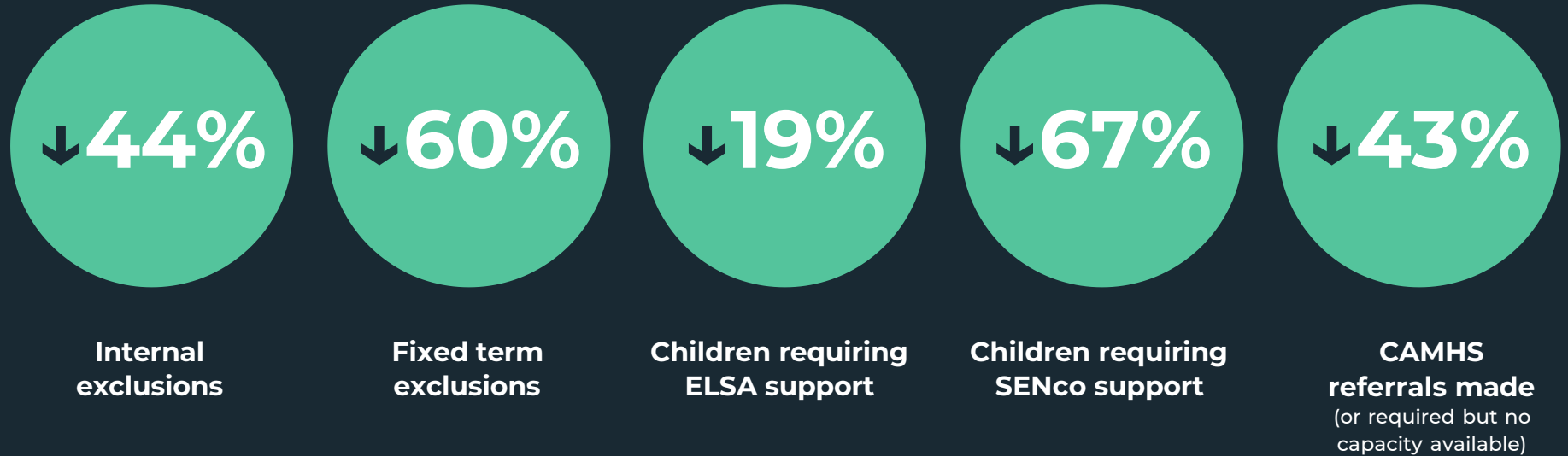
Preventing one child needing a CAMHS referral would save the NHS £1000+, reduce pressure on the system and upskill children, parents and teachers.

Our data shows that after
just one year the
programme **reduced**
CAMHS referrals by 43%

Our Impact

Exclusion, support and referral statistics:

The following impact data is based on a pilot of myHappyMind in 25 schools, in a highly deprived area of the North West. Note this is pre-Covid data:



Value for money when investing in myHappymind

A recent Health Economic Study completed by Health Innovation Manchester's Health Economic team evaluated the financial return on investment for myHappymind based on our ability to reduce referrals into services like CAMHS.



Their analysis shows that there is a clear positive financial return of at least:

1.97+

How we address Health Inequalities

We are committed to supporting the reduction of key health inequalities in all that we do. We support the following areas of bringing more health equity into the communities that we serve.

Age equity
Digital equity
Neurodiversity equity
Access equity
Socio-economic equity



The University of Chester found that...

“The myHappymind whole school approach appears to be, from the data provided, an effective school-based approach to developing positive behaviours. **These positive behaviours in turn strengthen pupil mental health, resilience, and wellbeing consistent with the expectations of current UK education and health policy.”**



The UofC Research team found that the...

"myHappyMind programme is a good adjunct to the wider health and education priorities of the local commissioning footprint of the NHS and is aligned with the local investment priorities."



University of
Chester

myHappymind in Action



myHappyMind in Action



“myHappyMind has helped pupils at Marlborough immensely by helping them to identify the emotions that they are feeling and understanding them, particularly in relationships. This is something which is often difficult for all pupils, especially those with SEMH issues.

Classes have been engaged and embraced the scheme and staff have reported that the myHappyMind team have been extremely supportive in ensuring that we get it exactly right for our pupils.

We have discussed the benefits as a governing board and it has been lovely to hear examples such as a pupil was having a really difficult time and when asked what happened they replied "It was my fight or flight response, I am doing some Happy Breathing to calm myself down".

The school fully intends to keep the momentum going with this scheme to continue the important work on emotional regulation and mental health.”

myHappyMind in Action



“We have been using the myHappymind programme for 2 years. It has been a whole school initiative which has worked brilliantly.

Following the aftermath of Covid it has allowed children to engage in activities that have developed a greater awareness and recognition of feelings.

This has led to more appropriate responses. The children have tools for mindfulness activities and are now much better at self-regulation. We have encouraged parents to use the App at home to support the good work undertaken in school.

The children love it, especially the characters in the stories. myHappymind has been a great success across the whole school. Brilliant!”

myHappyMind in Action



Who we work with



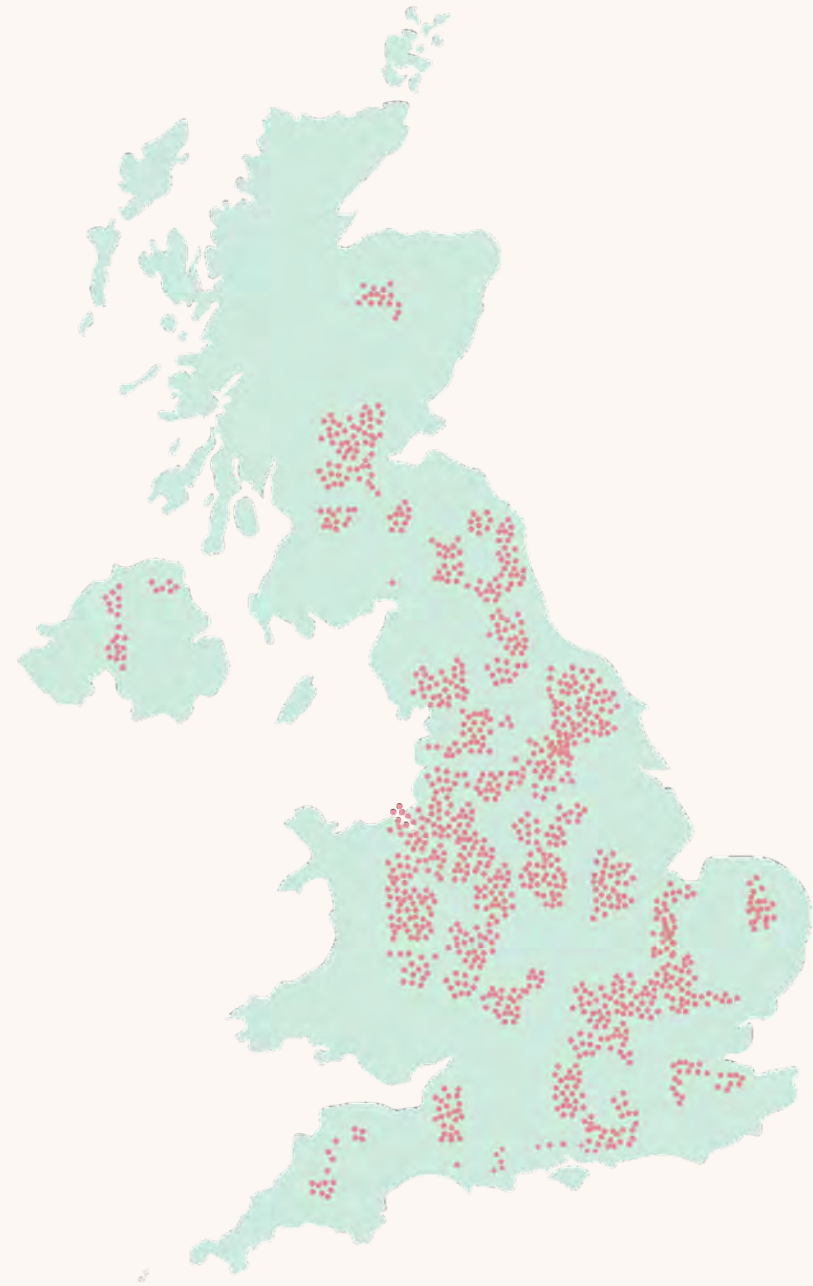
26 Places nationally:

1. Bexley
2. Birmingham
3. Bradford District and Craven
4. Bury
5. Cheshire East
6. Cheshire West
7. Chorley and South Ribble
8. East Staffordshire and Cannock
9. Gloucestershire
10. Greater Preston
11. Hampshire
12. Harlow
13. Isle of Wight
14. Kirklees
15. North Wales
16. Oldham
17. Portsmouth
18. Scarborough and Ryedale
19. Sefton
20. South Cumbria
21. Southampton
22. Tameside
23. Tendring
24. Warrington
25. Wirral
26. Wrexham

Our Reach Nationally

We're working nationally in c.2,000 schools across all 4 nations.

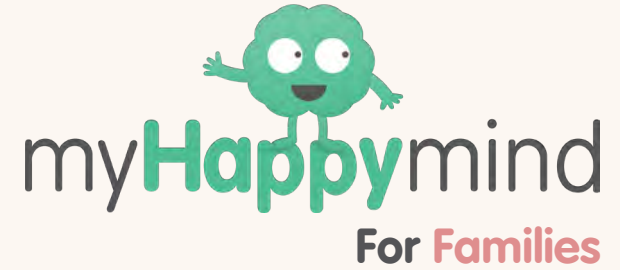
We also work internationally with schools across North America, Europe and Asia.



Our suite of programmes

We provide programmes for children aged 3-11 through our myHappymind for Schools, Early Years, and Families programme.

For children aged 11-18, we provide support through our myMindcoach programme.





Get in touch:

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