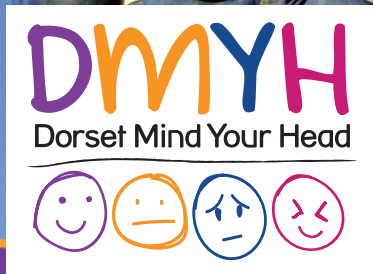


# Dorset Mind Your Head



## Dorset Mind Your Head

'DMYH' is a mental health support and education programme for children and young people (ages 11-25) run by Dorset Mind in schools, colleges, youth clubs and the wider community.

## What do we do?

We help young people live life mentally healthy by focusing on prevention and early intervention. We promote resilience and increase awareness and understanding of both mental health and mental illness.

Website: [dorsetmindyourhead.co.uk](http://dorsetmindyourhead.co.uk)

Email: [dmyh@dorsetmind.uk](mailto:dmyh@dorsetmind.uk)

Dorset Mind is a registered charity no. 1108158

## How do we do it?

- We provide in-school education programmes including workshops, PSHE lessons and assemblies.
- We reach out to the community; facilitating support groups, counselling and befriending.
- We create networks in Dorset; establishing peer mentors in schools and Young Ambassadors to represent us.

With workshops, training options and a website full of resources, information and guidance, we also support parents, carers and teachers.

DM94