



blue

MENTAL HEALTH
SUPPORT
EDUCATION

Led by therapists.
Designed by teachers
and families.
For every adult
in a child's life.

NTH
SOLUTIONS 



A powerful collaboration from within the NHS

NTH and Blue have a shared ambition – to make a positive difference to children’s mental health.

Who we are

Blue, who provide successful evidence-based Cognitive Behavioural Therapy (CBT) in schools and NHS owned NTH Solutions, with a vested interest in improving children’s mental health have come together to form Blue Mental Health Support.

What we do

We provide content co-created by mental health therapists, teachers, children, their families and the NHS via our online learning platform, translating training usually reserved for mental health professionals, for everyday use.

Why we do it

We believe that every adult can play a crucial role in preventing the escalation of mental health challenges in children, helping them thrive emotionally, socially, and academically.

Not only can we help the children in our own care, but collectively we can ease pressure on the entire community and healthcare services, fostering a healthier and more resilient society in the long run.

Every adult an ally



Our powerful 'Little Birds' animation helps us visualise the difference we can make.

A different approach

Amid the multitude of mental health training options inundating schools, ours stands distinct, offering genuine innovation and impactful change.

Empowering parents and schools alike

We also provide training that uses the same principles for families, ensuring that everyone's on the same page, inside and outside the classroom, supporting our children in the best way possible.



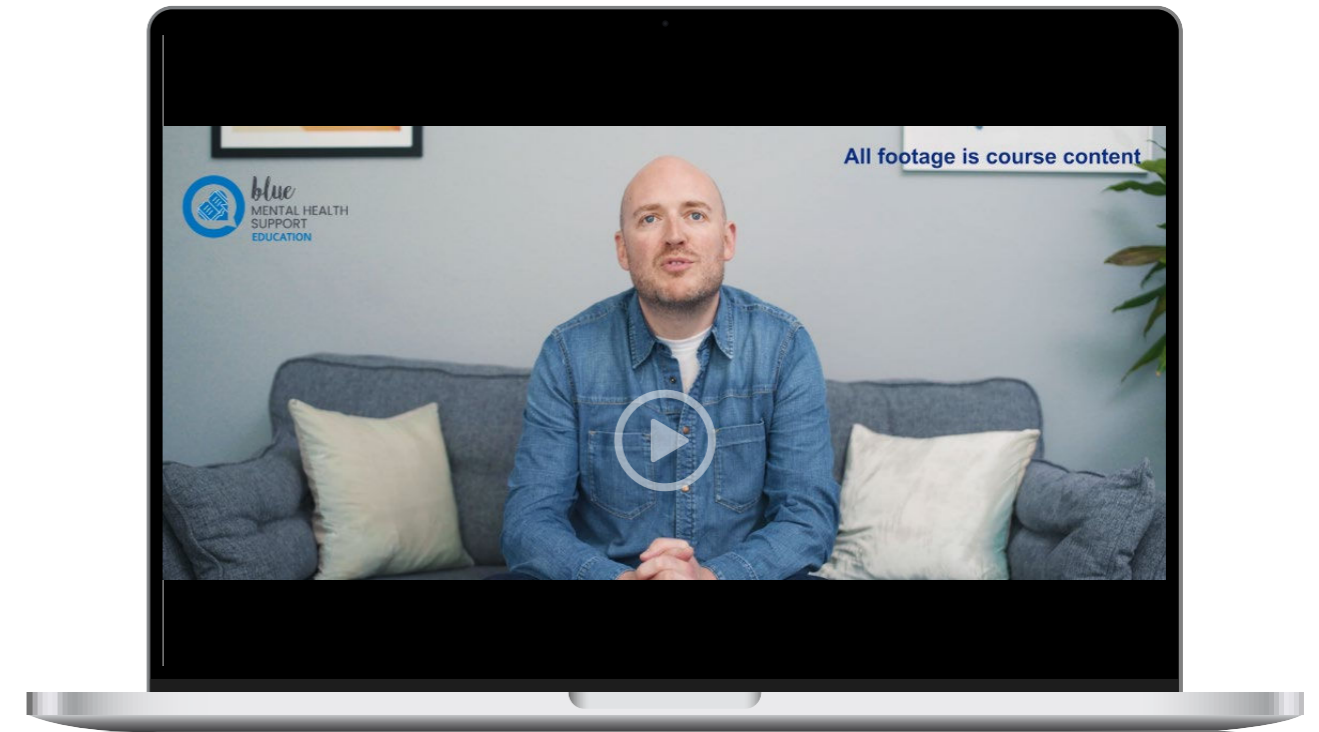
Content that works

Our content is made with regular people in mind and is based on proven methods. It includes real-life examples and hands-on demonstrations, and it's all put together by therapists who specialise in cognitive behavioural therapies for children.

It's not counselling

It's pragmatic ideas that come from evidence-based practice, created by therapists with over 70 years' experience.

Training usually reserved for mental health professionals, translated for everyday use.



“ Blue training differs from other offers currently available. This feels just the right approach for us across all our schools and I highly recommend this service. ”

Frankie Cowan, Head Teacher



“ Teachers shared anecdotes of how the course was thought provoking and interesting and a great way to improve on oneself. ”

**Carrie Marron, Head Teacher,
Langley First School**

Built around teachers to be practical and convenient

- Comes in 12 convenient modules and can be completed in less than half a day.
- Start and stop functions provide added flexibility to fit around the day.
- Access after completion means the content is always there, promoting ongoing learning and support.
- Built in notes/download function allows thoughts and comments to be captured and use in school.
- Comes with resources like posters and worksheets to help bring learning to life in the classroom.

Builds CPD whilst enhancing skills and knowledge in improving children’s mental health.

Our NHS heritage means you help patients directly

When you buy a Blue Mental Health Support course, you're not just helping children's mental health, you're also contributing to better healthcare in our communities due to our NHS roots.

Getting started

Our membership offers three tiers related to the number of school staff you have, fitting around your specific needs, so that you and your team receive tailored support for your continuous growth.



TIER ONE
50 licenses
£689



TIER TWO
100 licenses
£895



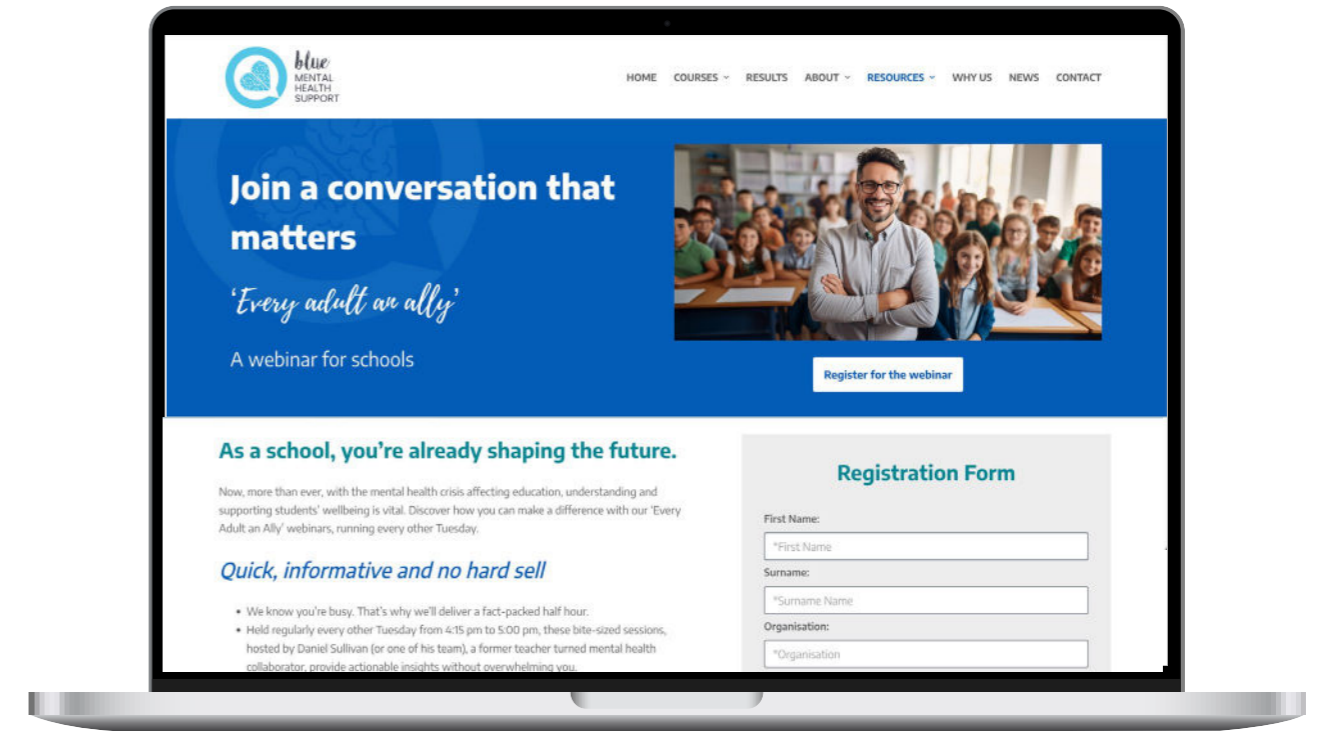
TIER THREE
200 licenses
£1095

Access our free sample or buy online:
blumentalhealthsupport.co.uk

As a school, you're already shaping the future

Now, more than ever, with the mental health crisis affecting education, understanding and supporting students' wellbeing is vital. Discover how you can make a difference with our 'Every Adult an Ally' webinars, running every other Tuesday.

Join the conversation, a webinar for schools



“ As the pupil wellbeing lead for my Federation, the Every Adult an Ally webinar was immensely useful for me. Daniel's insights into early support intervention in schools showed just how Blue Training can look to create a holistic model which upskills staff as well as sharing the best practice for supporting students. ”

Robert Sinclair-Harris, St. Edmund's Church of England Primary School

“ We’ve seen a significant reduction in the number of children referred to CAMHS and other services. ”

Frankie Cowan, Head Teacher

Visit our website for more information
blumentalhealthsupport.co.uk
08459 390 018



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Pushing the boundaries to improve patient care