



*blue*  
MENTAL HEALTH  
SUPPORT  
EDUCATION

**Online mental health courses  
made for schools and families**

**Led by therapists.**

**Designed by teachers  
and families.**

**For every adult in a  
child's life.**

**NTH**  
SOLUTIONS 

A young girl with long, wavy red hair and blue eyes is smiling and giving a thumbs up. She is wearing a light blue t-shirt. The background is a blurred indoor setting with other people.

## **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*



# Little Birds

Adverse Childhood Experiences (ACES)



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.



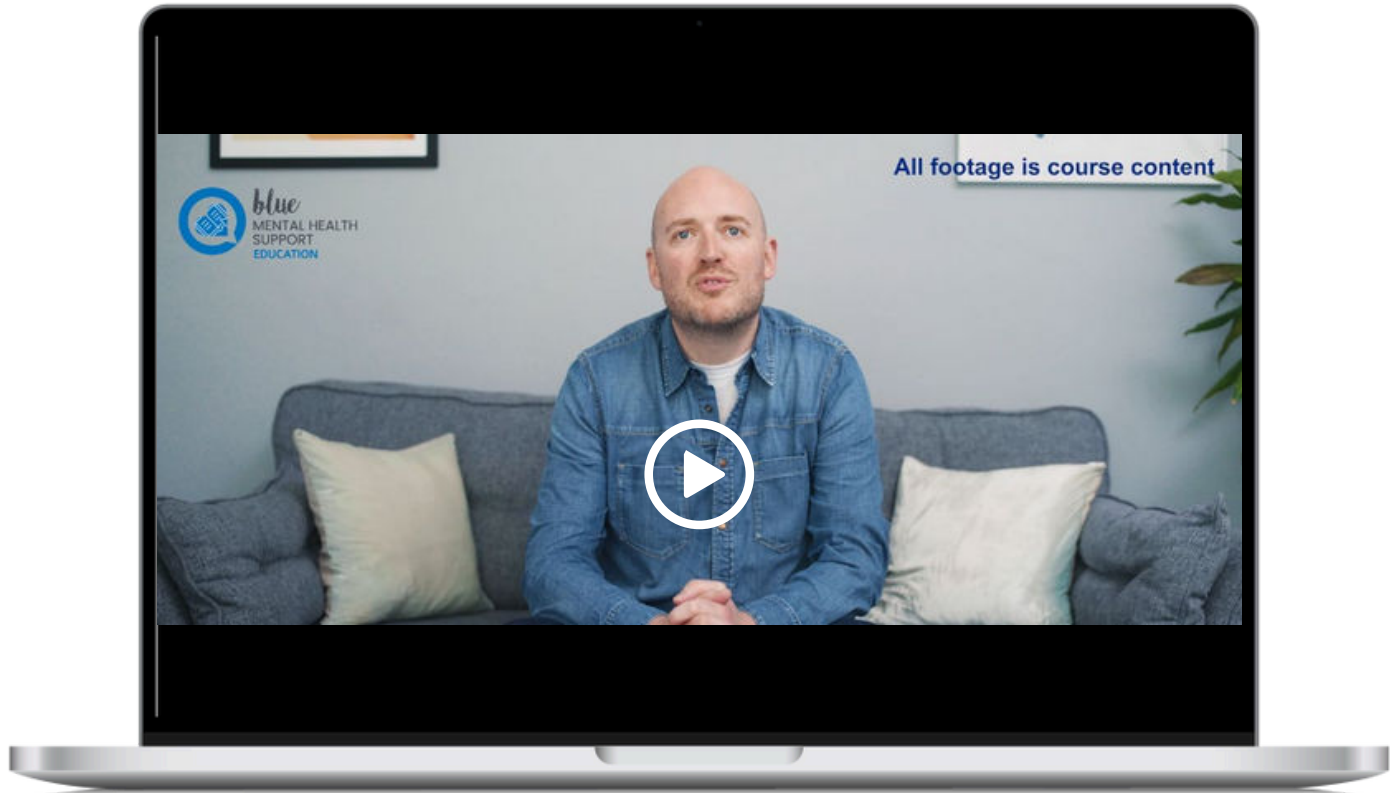
## Content that works

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***

A photograph of a group of people in a meeting. In the foreground, a woman with blonde hair, wearing a green t-shirt, is smiling broadly and looking towards the left. Behind her, a man in a blue and white striped shirt is also smiling. To the left, a whiteboard is visible with a simple line drawing of a lightbulb. The scene is brightly lit, suggesting a window in the background.

*“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

We wish we could offer our courses for free, but to keep improving, we need to charge. A school can train every staff member for £700.

## 50% discount for webinar attendees

Join the conversation on improving children's mental health with our free 'Every Adult an Ally' webinar for schools. Attendees receive a 50% discount, allowing you to train all school staff for £350.

**Read more or register for the webinar [here](#).**

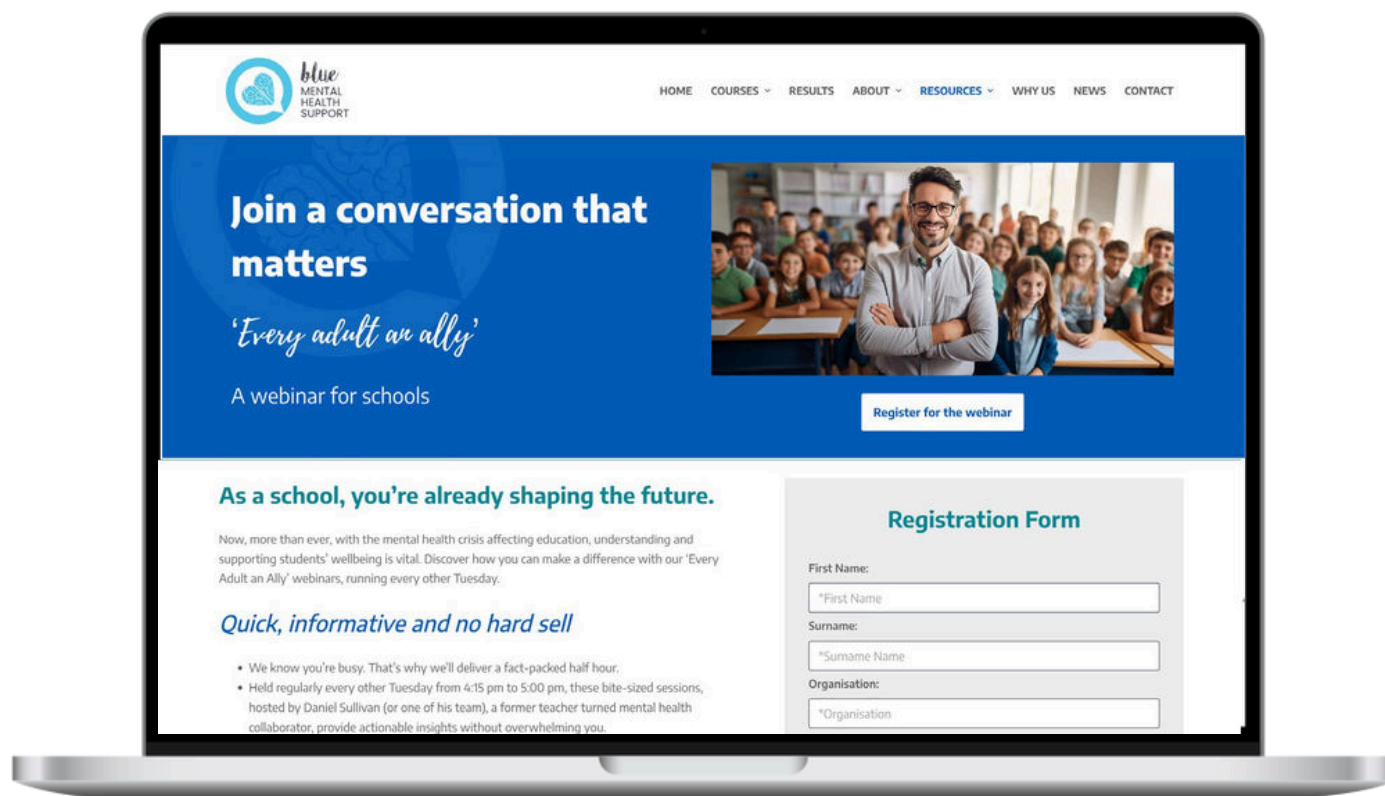


## **As a school, you're already shaping the future**

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 monthly.



# 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](https://blumentalhealthsupport.co.uk)**  
**08459 390 018**



Brought to you by NTH Solutions, an NHS owned company  
Pushing the boundaries to improve patient care