

Introducing myHappy mind



About Us



Who we are

- An **award-winning** programme that has received national recognition for its exceptional work with children in schools, settings, 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 **50 Places** and **2,500 settings and schools** 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. 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.



3. 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.



4. 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.



5. Fun to Learn and Easy to Teach

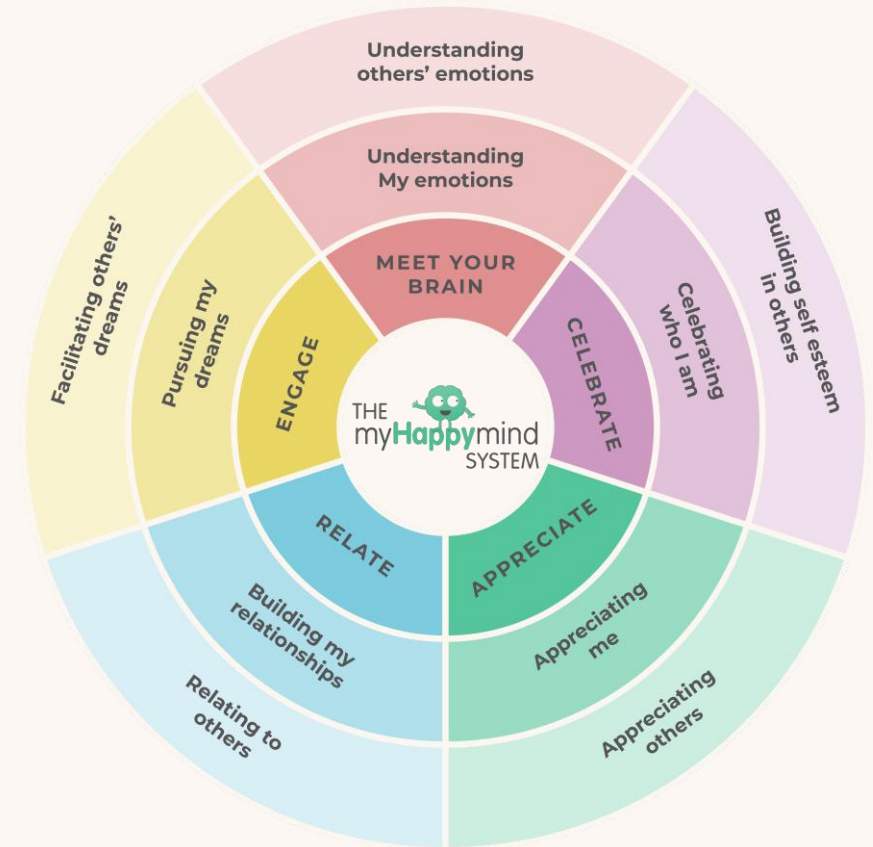
myHappymind is easy to teach via our digital lessons and resources which are all pre-made for practitioners, which means planning time is minimal. We also believe mental health education can and should be fun, we integrate quizzes, music, games, and our lovely characters to make myHappymind fun to learn!



Schools and Early Years Settings



Children's Content



Physical Resources

Children's Content



Parent App



Staff wellbeing



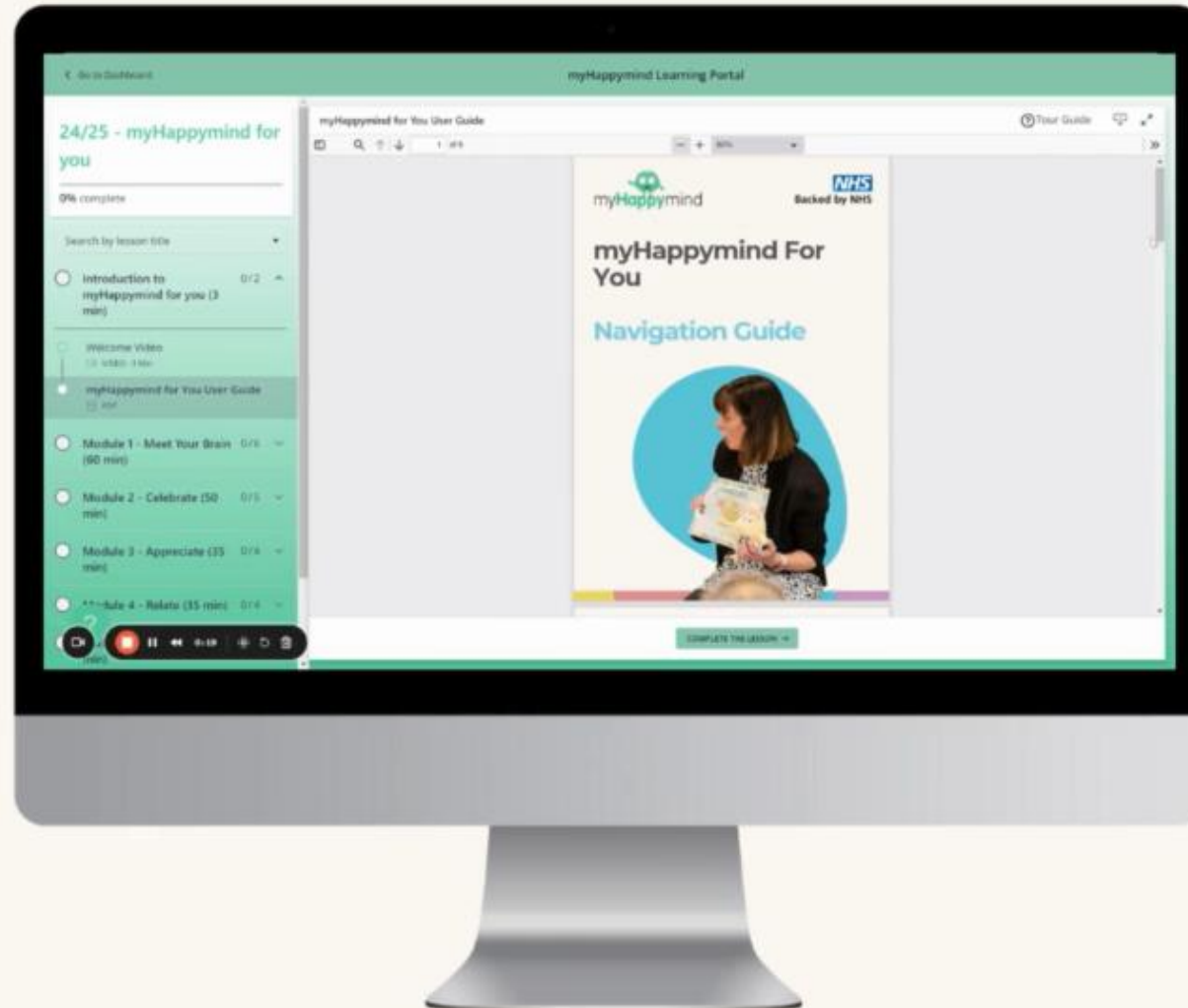
myHappymind
For Nurseries



Parent App



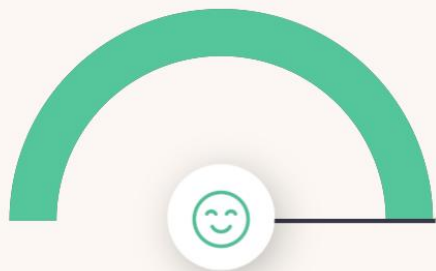
Staff Wellbeing



Our Impact

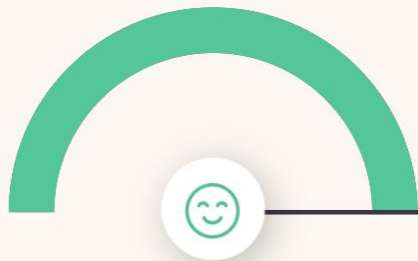


What do our Portsmouth settings say....



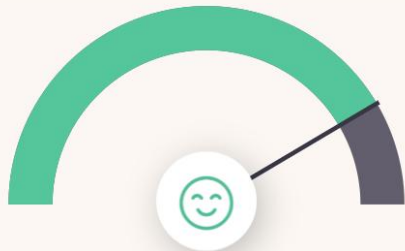
100%

100% of practitioners have said Happy Breathing has benefitted their children.



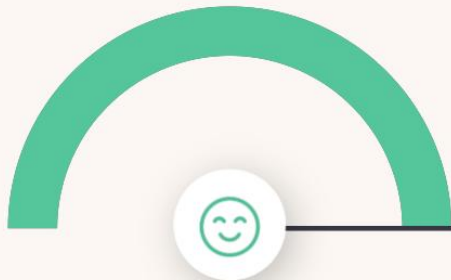
100%

100% of practitioners said they have seen the self-esteem and confidence of the children improving from using myHappymind so far.



83%

83% of practitioners have said their children now understand the importance of positive relationships and what they need to do to build them.



100%

100% of practitioners have seen an improvement in their children's resilience and perseverance when trying to achieve their goals.

“myHappymind is making a significant impact on the children’s mental health and wellbeing.”

Roberts Day Nursery

“We are noticing changes in children’s emotional wellbeing. Children are starting with us with less capacity to regulate their emotions, but using myHappymind has shown an increase in them learning and becoming more confident as a result.”

Fledglings Pre-School

Reducing suspensions and improving attendance

Portsmouth Case Study



The analysis showed clear and meaningful differences between schools using myHappymind and those not:

- Schools using myHappymind experienced **significantly smaller increases in suspensions**
- Levels of **severe and persistent absence rose far less** in myHappymind schools than in schools not using the programme



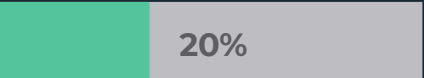
Findings

Increase in suspensions

Non-mHm Schools

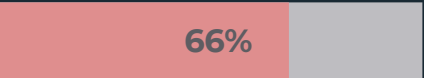


mHm Schools

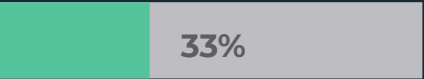


Increase in Severe Persistent Absence

Non-mHm Schools



mHm Schools





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Backed by NHS

Certified



Corporation