



BUILDING RESILIENCE IN YOUNG MINDS

What is BRIYM?

BRIYM (Building Resilience in Young Minds) is an organisation comprising experienced current and former school staff who have trained as therapists to provide mental health support to organisations, schools, parents and children providing a range of services from private one to one sessions to corporate training workshops.

What does a session look like?

We work one to one with students providing therapeutic mental health support. This can follow a programme of therapies over a half term or for some students this may take place over a longer or shorter period, depending on the needs of the students at the time. Sessions take place in timetabled lessons in the school day and can include amongst other methods, coping strategies for stress and anxiety and breathing techniques.



How does it help students with their wellbeing?

Sessions teach students practical strategies to use when they feel their anxiety is heightened. Sessions can provide an immediate opportunity for students to experience a calming environment away from the classroom and other distractions. There is also the opportunity for students to share concerns or issues affecting them in the moment or longer term.