



Support for Education Settings

We understand the impact of psychological and emotional challenges on children in today's world, particularly when they are at school.

We offer dedicated mental health support services for schools throughout Cambridgeshire and Suffolk, working closely with educators, staff, and students to determine the best course of action and create a nurturing and inclusive environment.

Ultimately, positive mental health and wellbeing helps support school attendance, enjoyment, progress, and attainment, helping young people get the best possible start in life.

Our friendly team of therapists and counsellors are equipped with a diverse range of tools and techniques to address the needs of children of all ages, from art therapy to talking therapies, we will ensure their emotional wellbeing is prioritised.

E: mentalhealthservices@ymcatrinity.org.uk
T: 01733 373187



Here for young people
Here for communities
Here for you

YMCA TRINITY GROUP

“As part of Inspire Education Group’s staff development week we booked YMCA Trinity Group to deliver a Staff Wellbeing workshop.

The session was excellent and enabled staff to develop their own knowledge of how to support their own wellbeing which was highly relevant to them within their roles in the FE sector. The trainer was both knowledgeable and confident and the session was delivered in an accessible and enjoyable way.

I would highly recommend YMCA Trinity and will look towards them delivering further sessions to support our staff.”

Vice Principal



Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE