



FOR SCHOOLS & COUNSELING PROGRAMS

A flexible implementation guide for counselors and student support teams

Mind Matters Global is a youth-led mental health initiative that helps young people and the adults who support them access practical, evidence-informed tools for reflection, conversation, and next steps.

BUILT BY TRAINED YOUTH CRISIS COUNSELORS

Designed with a youth perspective and informed by direct crisis-support training, our materials help turn trusted mental health information into approachable tools young people will actually use.

01

Counselor integration

Use selected prompts during check-ins, advisory, wellness programming, or follow-up conversations.

02

Family connection

Share with parents and caregivers who want a clearer, less intimidating way to understand and support their child.

03

Student autonomy

Students can complete one section, work from beginning to end, or return whenever they need additional support.

Support — not diagnosis

- MMG materials are educational and reflective. They do not diagnose conditions or replace licensed care.
- Schools can pair them with existing counseling protocols, referral procedures, crisis-response policies, and community providers.



Bring the toolkit into student support.

Start small — one counselor, one grade, or one section of the toolkit.



01

Review with your team

A counselor or student-support lead reviews the toolkit, selects appropriate uses, and aligns it with school protocols.



02

Choose an entry point

Offer it through the counseling office, student portal, parent resource page, advisory program, or individual sessions.



03

Pilot and refine

Begin with a small group or limited use case, gather non-identifying feedback, and expand only where it adds value.

YOUTH-LED, PROFESSIONALLY REVIEWED

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1,000+

reached — schools, workshops & online

OUR REQUEST

Please consider a brief meeting with your counseling or wellness team to review a pilot, or add MMG to your student and parent mental health resource page.

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