



Settled Minds

The Missing Piece in Student Wellbeing

Schools provide excellent counselling, guidance and wellbeing support, yet many young people still don't understand *why* they feel the way they do. Settled Minds was developed by a Scottish counsellor with experience across schools, GP practices, crisis services and suicide bereavement. It fills this gap through calm, therapist-informed psychoeducation that helps students understand how their minds work — before introducing strategies to cope.



Created by a Scottish Counsellor.

Refined through school Pilot Feedback.

Designed with implementation in mind.

A Complete Wellbeing Programme for Secondary Schools

Settled Minds is available to secondary schools through an annual licence, giving staff access to a growing library of therapist-informed modules. It is designed to complement existing wellbeing provision and can be used flexibly in guidance, wellbeing lessons, small groups or one-to-one support, with minimal staff preparation.

Why is Settled Minds different?



Explains the 'why'

Helping young people understand their brains, emotions and behaviours.



Therapist-led audio

A calm, reassuring format that educates, validates and normalises common experiences.



The missing piece

Designed to strengthen (not replace) your school's counselling, guidance and wellbeing provision.



Understanding before coping

Giving young people the knowledge that helps every other form of support work even better.

What's Included?

 3 audio episodes in each module (5–10 minutes each) accessed through the secure online training portal

 Optional reflective worksheets (Differentiated versions available for S1–S3 and S4–S6)

 Staff implementation webinar & suggested implementation guide with flexible ideas for using the programme across a school term

 Unlimited staff and student access

Modules

 **Anxiety:** Helps students understand why anxiety happens and how the brain's alarm system works.

 **Overthinking:** Explains why the brain gets stuck in thinking loops and how to respond more helpfully.

 **School Pressure:** Explores why school demands can feel overwhelming and how to keep perspective under pressure.

 **Social Media & the Teenage Brain:** Looks at how social media affects the teenage brain and why it can feel hard to switch off.

 **Friendship & Belonging:** Explains why belonging feels so important and how to navigate changing friendships.

 **Your Inner Critic:** Helps students understand the critical inner voice and how to respond to it with more kindness.

Flexible Ways to Use Settled Minds

 Whole-class wellbeing lessons

 Small wellbeing groups

 Guidance support appointments

 One-to-one student support

 Support during exam preparation

 Transition programmes (P7–S1 & senior phase)

 Independent learning at home or in school

 Early intervention alongside existing counselling and wellbeing provision

When young people understand how their minds work, they are better equipped to navigate challenges, engage with support, and build resilience that lasts beyond the classroom.

Why Schools Choose Settled Minds



Therapist-informed & evidence-informed

Developed by a Scottish counsellor using psychological research and years of clinical experience.



Audio-first learning

A calm, conversational format that helps students feel understood, validated and engaged.



Designed specifically for secondary schools

Flexible enough for guidance support, wellbeing lessons, small groups, one-to-one sessions or independent learning.



Minimal staff preparation

Ready to use resources that fit easily into existing wellbeing provision.



Builds emotional literacy

Helping students understand why they feel the way they do before introducing strategies to cope.



Complements existing wellbeing support

Designed to strengthen (not replace) counselling, guidance and wellbeing provision.



Piloted before launch

Trialled across selected Highland secondary schools, with the programme refined using feedback from students, teachers, counsellors and parents before its launch.

Early Pilot Feedback*

School Feedback:

100% said there is a need for psycho-educational wellbeing resources in secondary schools.

100% believed students would benefit from better understanding what happens in their brains and bodies during experiences such as anxiety, overthinking and school pressure.

100% agreed the content is appropriate for secondary-aged pupils.

10/10 average likelihood of recommending Settled Minds to another school.

“

The language is calm, clear and easily understood by young people
— *Guidance teacher*

”

Professional Feedback:

78% rated Settled Minds as **Very Useful (5/5)**

100% could identify young people who would benefit from the programme

89% would recommend Settled Minds to another school or colleague

100% agreed to the anonymous use of their feedback and testimonials

“ There is plenty of help for children which aims at providing solutions, but Settled Minds helps them understand the why and in turn equips them with the tools to help them navigate and understand themselves before jumping straight into trying to find a solution.
— *Educational Professional* ”

**Feedback gathered during the 2026 pilot from secondary schools, guidance staff, counsellors, education professionals and parents/carers.*

Supporting National Wellbeing Guidance Across the UK

Scotland: Supports Curriculum for Excellence (Health and Wellbeing) and GIRFEC through early intervention, emotional literacy and resilience.

England: Aligns with RSHE guidance, promoting emotional literacy, resilience and whole-school wellbeing.

Wales: Supports the Curriculum for Wales Health and Well-being Area of Learning and Experience by developing emotional understanding and resilience.

Northern Ireland: Complements Learning for Life and Work (LLW) and the Emotional Health and Wellbeing in Education Framework, supporting emotional wellbeing through preventative psycho-education.

Settled Minds is launching in **August 2026** and will be available through an annual whole-school licence.

To find out more or request school pricing:

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