A group of diverse school children in uniform, including boys and girls of various ethnicities, are smiling and hugging each other in a school hallway. The image is overlaid with a semi-transparent teal filter.

At Mindsnaps our mission is to unlock People's ability to talk about mental health utilising a professional framework in a friendly and relatable format of Photography.

Mindsnaps strives to bring mindful photography into people's everyday lives with a goal to educate about mental health and make mental wellness discussions easier and more accessible.

We do this whilst maintaining our core values of accessibility, professionalism, and safety.

TYPICAL MINDSNAPS SCHOOL PROGRAM

15 x pupils = 1 group

1. Video Introduction for Teachers / Parents
2. Video introduction for pupil's
3. Pupil's given 1st months topic and portal access
4. In person at school workshop after month 1 for pupil's
5. Pupils continue with a new topic each month



View our short 4 minute
introduction video here:

Video

What makes us unique!

1

Each workshop has a qualified psychotherapist and a photographer on hand to provide expert advice.

2

We provide an easy way for participants to engage in group discussions using photography.

3

Photography aids communication and make it easier to open conversations.

4

We have an online platform to provide an ongoing monthly program.

5

We can provide feedback from the sessions to inform schools of general areas of concern.

Online platform

1. It provides an easy way for schools to take part with Mindsnaps each month with a topic provided by us, and a way to submit images to their own secure webpage, with loads of useful information and learning resources for each monthly topic.

2. We have the facility for individuals to get involved too, this is important for parents and teachers to take part in and something we encourage. This is very important to help natural conversations to take place, for example a parent talking with their child about the particular topic for the month, or a student approaching a teaching to talk about "Anxiety"

Use this link to see an example of our online portal: [Example](#)

Why Photography!

1



Therapeutic.

Photography has been proven to help with mental health conditions such as anxiety and depression. It puts you in the moment making it a very therapeutic activity.

2



Helps communication.

Some people find it hard to talk, especially about personal emotions. They are happy to show it in an image.

3



Different perspectives.

Different people will see different things from the same image, which makes it great to start conversations.

4



Accessible.

most people have access to a camera or smart phone.

5



No right or wrong .

Like many art forms, there is no wrong answer, or even bad image. Every image will tell a story or portray a message.

6



Different aspects.

People can talk about the technical aspect of the image, or if they want the emotional side. It is natural way to start a conversation.

What do pupils gain?

We encourage pupils to remember the following steps when taking part with Mindsnaps:

Learn about the topic.

Engage and discuss with people.

Nurture your Idea.

Snap your Image.

Edit and describe.

Share within a group.



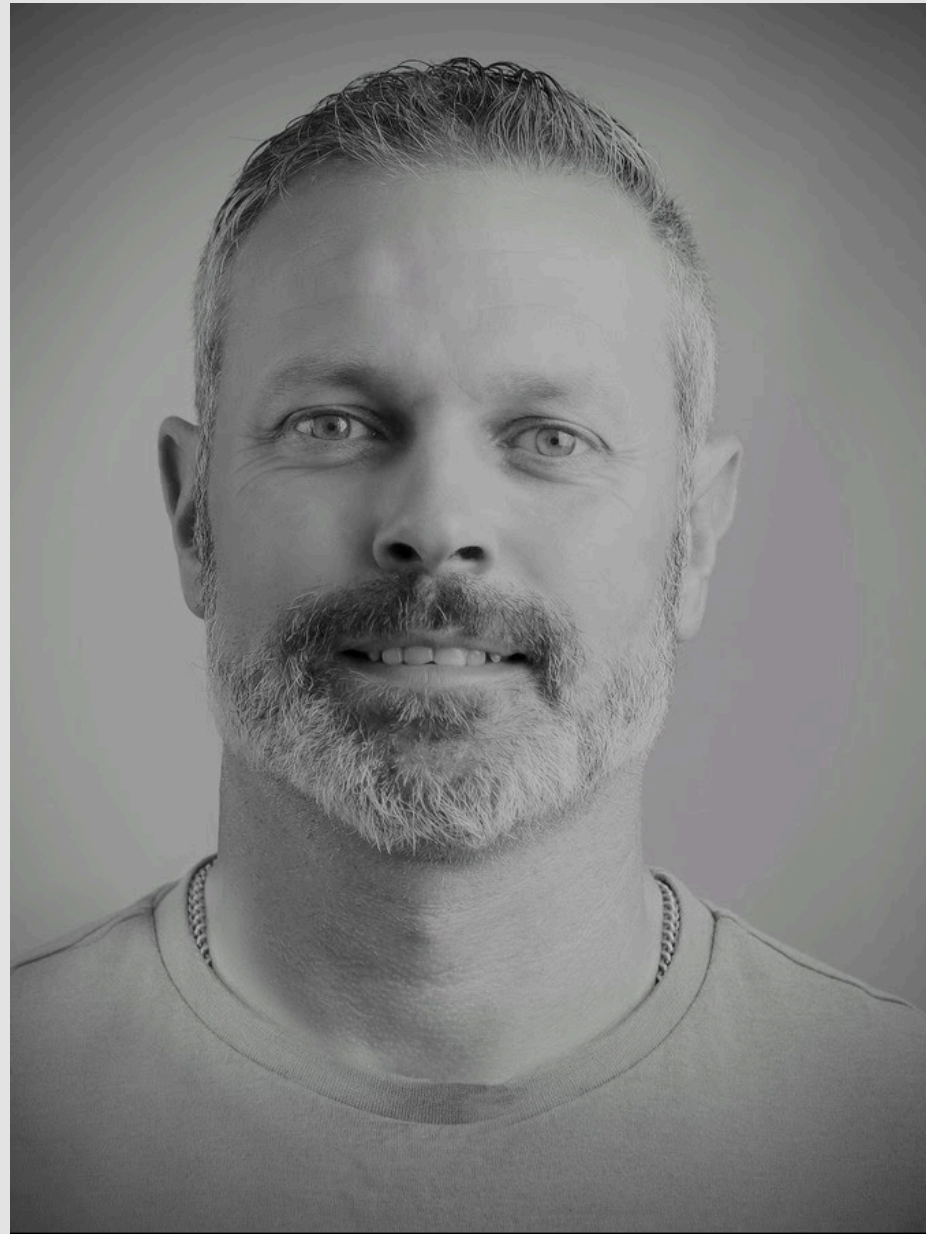
SafeGuarding

Our workshop leaders are all Enhanced DBS Cleared and work with your Safeguarding contacts to ensure a robust and thorough environment for participants to feel safe without fear or judgement



[Download our safeguarding and Governance pack here](#)

Our Founders



Luke Callaghan The Photographer

Luke is a Photographer with 12 years experience in photography including weddings, portraits, virtual tours, and e-commerce photography including 360 and 3D photogrammetry and video.



Steve Rose The Psychotherapist

Steve Rose is an independent psychotherapist, trained and experienced in counselling, coaching, and positive psychology with 30 years of experience in multi-national businesses.

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MINDSNAPS

**To Register your interest with
Mindsnaps please complete the
following form**

[Open Form](#)



Thanks for
reading.

Let's connect
hello@mindsnaps.co.uk