




The Windmill Trust is a UK charity based in West Cumbria, dedicated to providing long-term, specialised, trauma-sensitive therapeutic services for children and young people. Our focus is on those who have experienced multiple Adverse Childhood Experiences (ACEs) and who otherwise would not have access to support. We bridge the gap for children who do not meet the criteria for therapy through statutory services.

Our Services

We offer a holistic package of support, centred around the individual child, including:

-  **One-to-One Therapy**
-  **Small Group Therapy**
-  **Parental Support and Therapy**
-  **School Support, Consultation and Training**

The Need

1 in 6 children aged 5 to 16 had a probable mental health problem in July 2021, an increase from 1 in 9 in 2017

NHS Digital (2021)

Less than half of the children and young people with a diagnosable mental health condition can get access to support.

Children's Commissioner for England. (2020).



I now feel not scared, not that shy, not worried.

Child



We have really noticed an improvement in my daughter. She feels safe in her sessions and really enjoys attending.

Parent

Creative Therapies

Arts therapies support children to explore and communicate difficult thoughts and feelings through art, play, drama and creative methods, when words are too much or not enough.

Our experienced therapists are qualified to at least master's level and registered with the Health and Care Professions Council.

Adverse Childhood Experiences

ACEs are stressful or traumatic events in childhood, including abuse, neglect, or challenging family circumstances.

Early mental health support, involving the whole family, is crucial for children affected by ACEs. At The Windmill Trust, this is our specialism.



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