

# One Good Adult

# Overview

- The NHSGG&C child and youth mental health framework
- What is a one good adult?
- Resources to support mental health
- Looking after yourself

# Mental Health Improvement & Early Intervention for Children and Young People

## One Good Adult

Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

## Resilience Development in Schools

Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care...

## Resilience Development in Communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

## Guiding Thru the Service Maze

Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

## Responding to Distress

Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

## Peer help & Social Media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

# One Good Adult

- That person you can talk to when there's something on your mind; someone you can rely on and trust to help you out in times of difficulty.
- A key indicator of how well a young person copes with their struggles.
- Although it's important for young people to have One Good Adult, it is equally important to be that One Good Adult.

# Activity

1. Who can be a one good adult?
2. What skills and qualities should a one good adult possess?
3. What might you consider to be some of the challenges and barriers to being a one good adult?

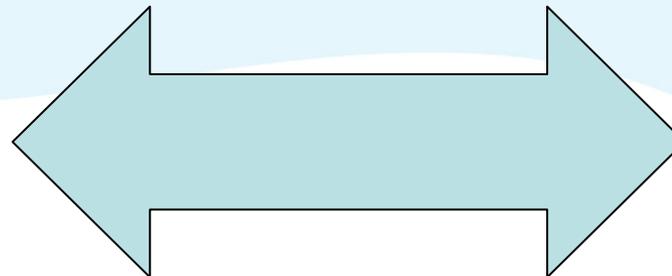


## One Good Adult

### Skills Required

- Good Listener
- Compassionate
- No Jumping to Conclusions
- Open Minded
- Don't Judge!

Position Available  
Immediately!!!!



### Main Tasks

- Believe in the young person
- Promote and support the mental health of young people

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# One Good Adult: Do's and Don'ts



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## Positive about Wellbeing

**Aye Mind** is on a mission to improve the mental health and wellbeing of young people - by making better use of the internet, social media and mobile technologies. We are working with young people aged 13 to 21 to create and share a wide range of resources. We're also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing.

The project is a partnership between Greater Glasgow and Clyde NHS, Snook, the Mental Health Foundation and Young Scot, with a wide range of local partners involved too. Aye Mind is a **"work in progress"**, so check back often for new stuff!

Read on or [contact us](#) if you have any questions.



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[www.nhsggc.org.uk](http://www.nhsggc.org.uk)

# Toolkit

This toolkit has been developed to assist you, youth workers, when using digital approaches to youth mental health. It includes practical information, case studies, online resources and reflection material for anyone interested in learning more about new technology, health and wellbeing.

There are various separate chapters you can go through, online and printable. You can read these at your own time and pace. We encourage you to try out and test different online platforms with us.

Aye Mind does not offer direct support for mental health issues and is not continuously monitored for messages. If you need an ambulance, call 999. If you're in distress or need immediate help, [click here](#) to find a list of services you can talk to.



Before you start



Mental health



Why digital?



Online lives

# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....