

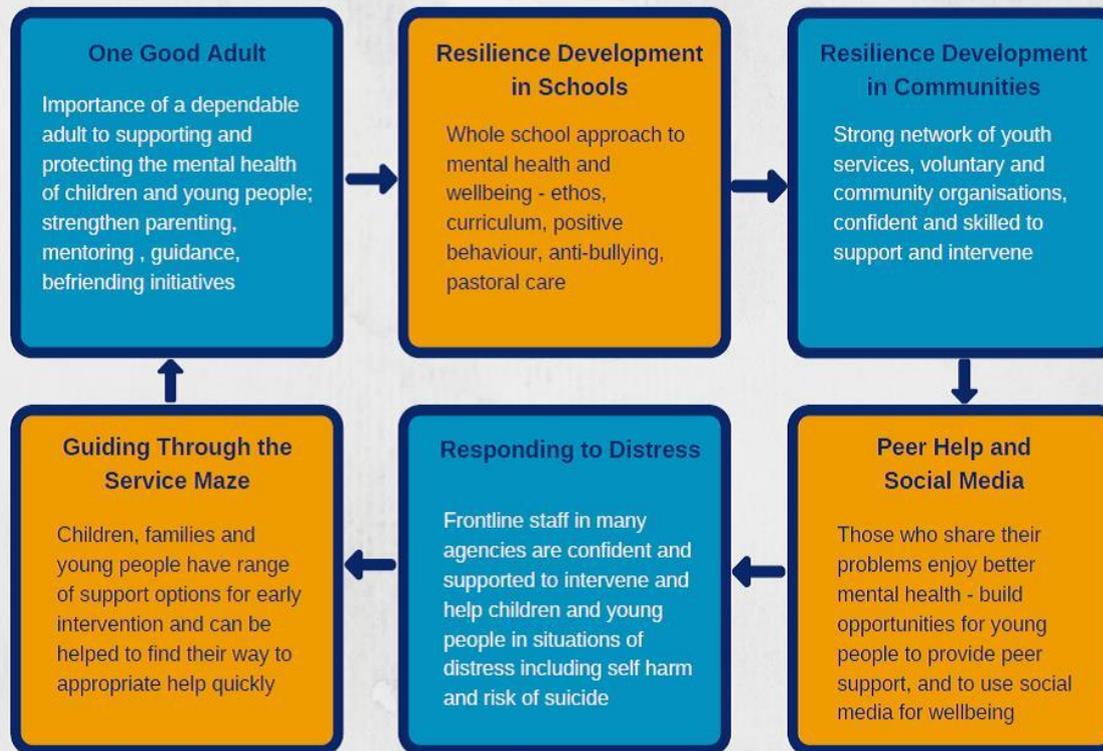
One Good Adult

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 Framework for Children and Young People

Mental Health Improvement and Early Intervention Framework for Children and Young People



Evidence demonstrates that there is no single intervention, therapy or programme that delivers mental wellbeing at a population level. Rather that children and young people require a number of prerequisites to develop resiliently and that these prerequisites span the school, family and community life of young people.

The strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having Getting it Right for Every Child core values and principles at the heart of it.

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?

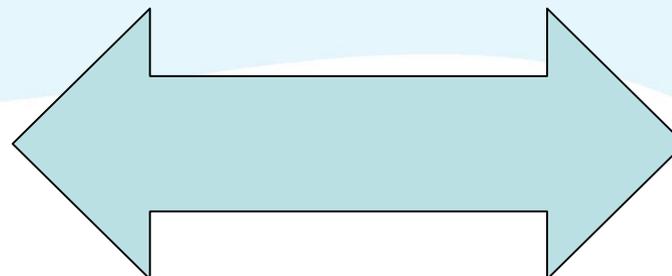


One Good Adult

Skills Required

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

Position Available
Immediately!!!!



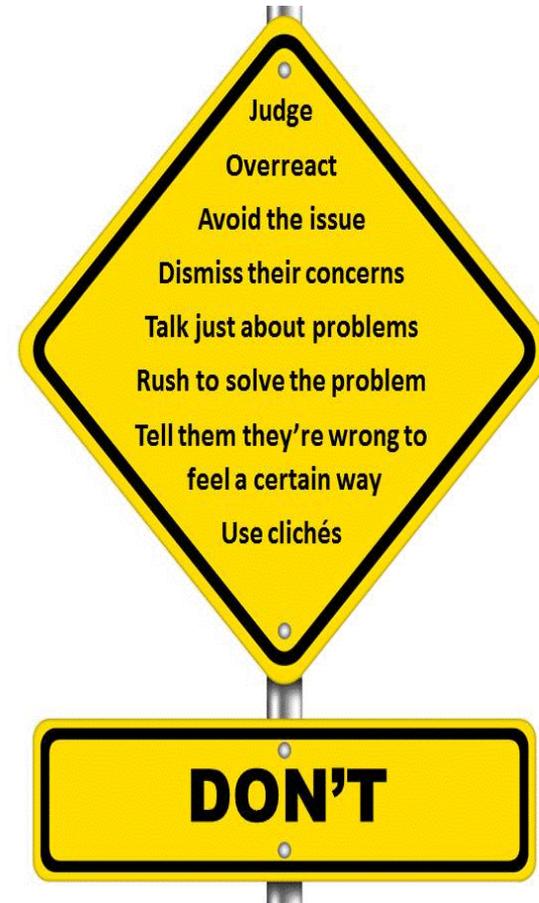
Main Tasks

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

Delivering better health

www.nhsggc.org.uk

One Good Adult: Do's and Don'ts



Aye Mind Activities

Activities to support young people's mental wellbeing

Activities



Check-in

A simple exercise to help young people practice daily mental health hygiene



Lockdown Rules

Support young people to understand what they are struggling or coping with, to recognise what they need now and to create strategies to look after their mental health

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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.....