

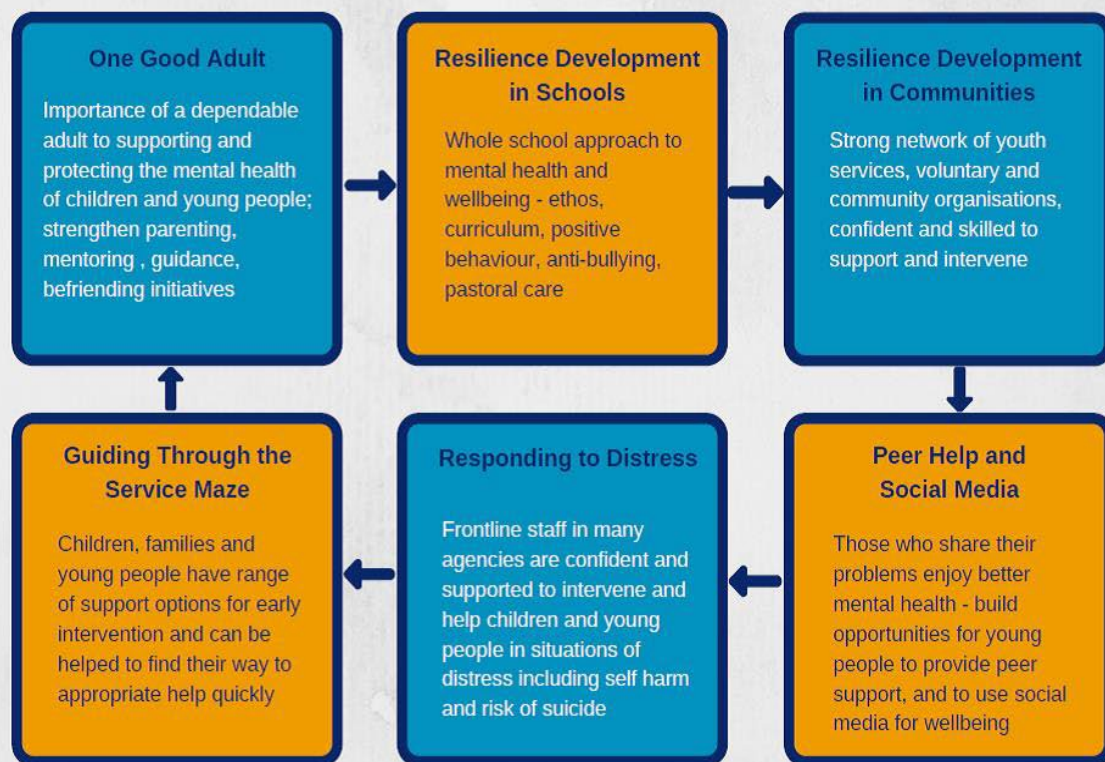
One Good Adult

Overview

- The NHSGGC 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 be some of the challenges and barriers to being a One Good Adult?

Job Advert

Skills Required

- Good listener
- Compassionate
- No jumping to conclusions
- Open minded
- Don't judge

Main Tasks

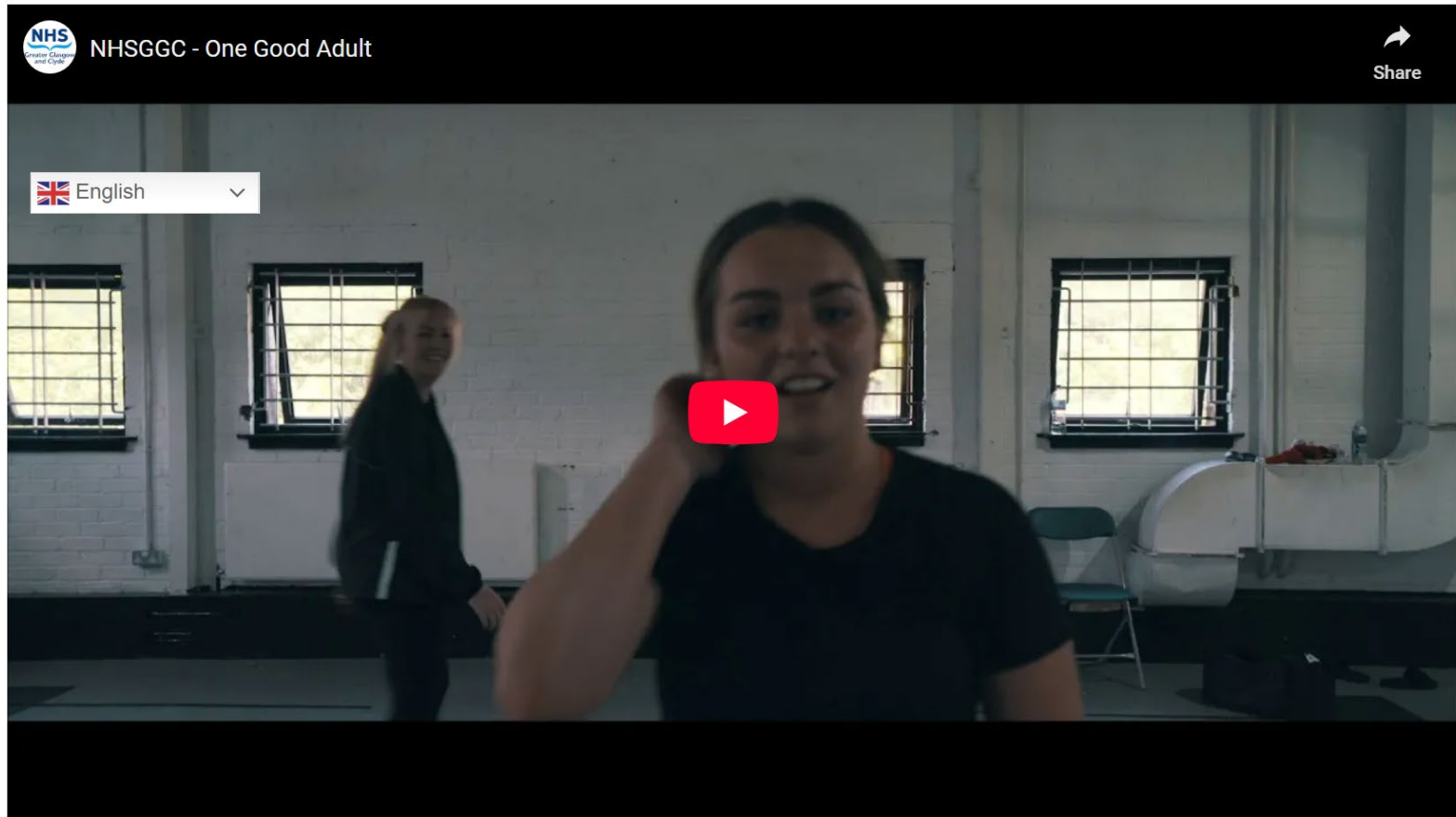
- Believe in the young person
- Promote and support the mental health of young people

Do's

- Listen
- Look for windows of opportunity
- Ask direct questions
- Comment on what you see
- Be aware of body language
- Ask how you can be of help
- Encourage help seeking

Don'ts

- Judge
- Overreact
- Avoid the issue
- Dismiss their concerns
- Talk just about problems
- Rush to solve the problem
- Tell them they are wrong for feeling a certain way
- Using clichés



Delivering better health

www.nhsggc.org.uk

Aye Mind



[Guides](#)

[Digital Mental Health Supports](#)

[Resources](#)

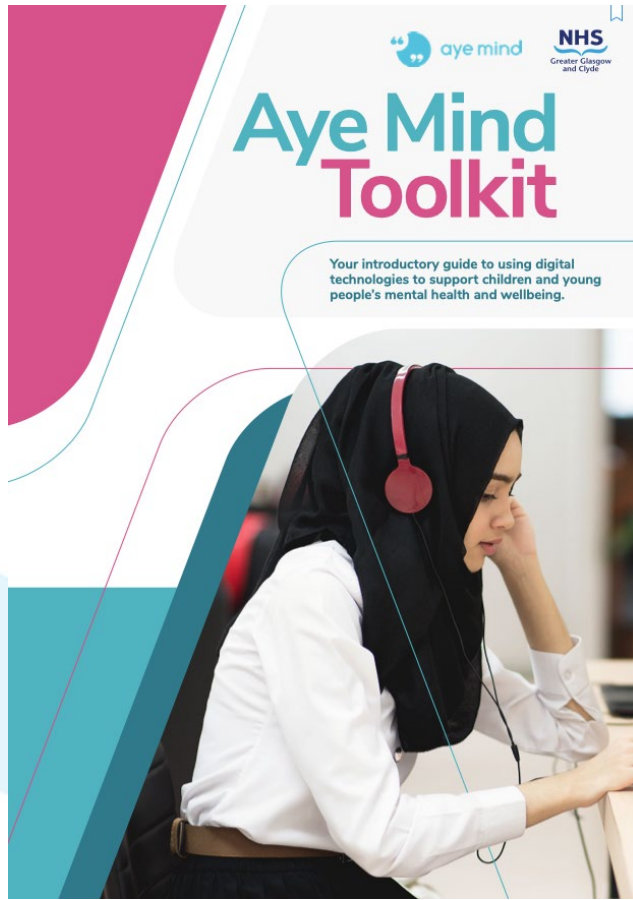
[News and blog](#)

[Community](#)

Empowering those who work with children and young people to address online safety concerns and promote positive digital wellbeing.



Aye Mind Toolkit



An introductory guide to the basics of digital technologies and how they relate to youth mental health.

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....