

Transforming Child and Youth Mental Health – Handout

One Good Adult

A dependable adult to support and protect mental health

- Attachment (parenting)
- Mentoring (mentoring, guidance, befriending)

- Use the One Good Adult clip to promote the concept – www.ayemind.com
- Engage young people in activities that allows them to explore who their One Good Adult is
- Signpost young people to befriending or mentoring services

Resilience Development in Schools

Whole school approaches to mental health and wellbeing – a nurturing environment that builds emotional literacy

- Find out what is happening in your local schools to support young people's mental health
- Work in partnership with the schools to deliver mental health and wellbeing lessons
- Promote your service at school assemblies, lunch time stalls, PSE lessons.

Resilience Development in Communities

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

- Join your local youth network, share practice and information on mental health resources and services
- Offer a range of group work sessions to support young people's mental health
- Use an asset based approach to strengthen resilience in your local community

Guiding through the service maze

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

- Provide information on both local and national organisations that young people, parents and carers can access
- Offer different formats that young people can access information
- to support their mental health (helplines,

websites, leaflets reading material, 1 to 1 support services, group work)

Peer Help and 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

- Learn how to navigate on line resources: access Aye Mind Learning Set to help develop staff confidence in use of social media
- Signpost young people to Aye mind www.ayemind.com to encourage positive use of on line resources to support their mental health and wellbeing

Distress, self-harm and suicide prevention

Frontline staff are confident and supported to intervene and help children and young people in situations of distress

- Ensure all staff access available mental health training
- Develop and implement robust organisation policies that protect and promote children and young people's mental health and wellbeing
- Familiarise yourself with local suicide and self-harm policies and guidance and knowhow to respond if a young person presents in distress or has suicidal ideation