

## **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](http://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](http://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