

Understanding Mental Health



Overall aim of the programme

This creative programme is designed to support young women in gaining a broad understanding of the term “Mental Health” and to understand the causes and symptoms of mental ill health as well as reducing stigma amongst young people. We aim to explore the common triggers that can lead to ill mental health, practically explore positive ways of dealing with difficult situations and promote local services and professionals who can provide support.

Target group: Vulnerable young women aged 13 - 25

Delivered by: 2 experienced Them Wifies facilitators



Workshop One - Introduction & Understanding Mental Health

Aims

- To carry out introductions and establish a group agreement
- To take part in ice breakers and warm ups
- To understand the term “Mental Health”
- To explore the facts and fiction about Mental Health

Workshop Three - Keeping the balance

Aims

- To explore situations or relationships that can cause stress
- To identify and explore ways of coping and managing with stress
- To investigate the benefits of positive relationships

Workshop Two - The difference between good mental health and mental ill health

Aims

- To explore definitions of “good mental health” and “mental ill health”
- Identifying common risk factors linked to mental ill health
- To identify and explore behavior linked to mental ill health

Workshop Four - Taking control and moving on

Aims

- To identify services available to support young people who feel stressed
- To develop individual stress plans to cope with difficult situations
- To promote the benefits of positive thinking

Benefits to Young People

- Gain an understanding of the term “Mental Health” and signs or symptoms associated with “mental ill health”
- Ability to communicate more effectively with others
- Knowing how and where to access help
- Maintaining positive relationships with others
- Being more confident and assertive
- Developing a good mental health strategy for themselves
- Participating in positive activities

Cost: £700 or £900 (including evaluation)

*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email maria.lavelle@themwifies.org.uk

We're always happy to discuss the difference we can make.

WORKING WITH THE ARTS FOR CHANGE