

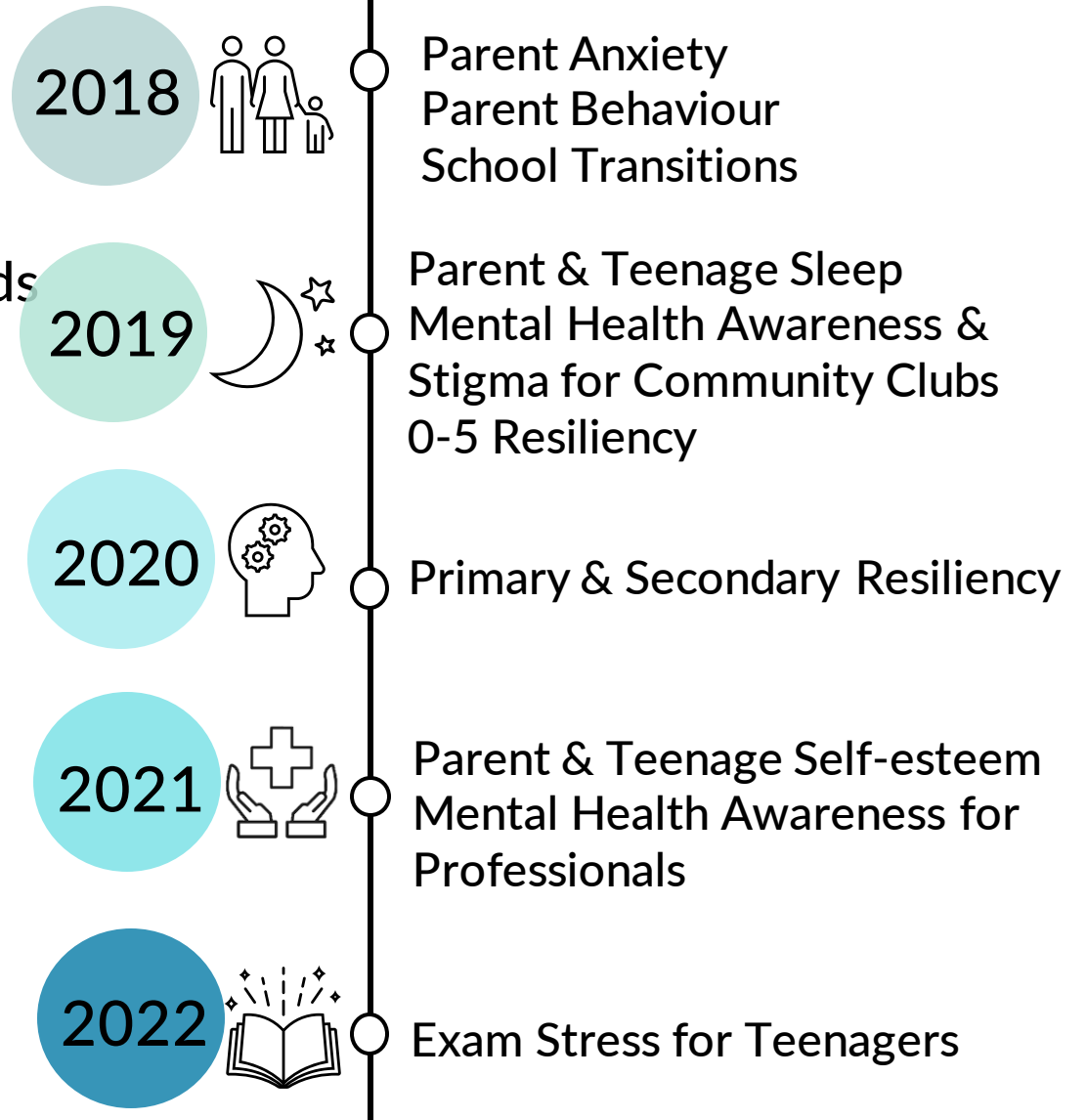


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**Mental Health &
Emotional Wellbeing Service**

Workshop Programme

- Psycho-education workshops to suit local needs
- Based on evidence-based practice and up to date research
- Partnership with local services to promote workshops
- Delivery to local communities





Mild-moderate mental health difficulties observed in local A&E departments



Formed the basis of Service Related Problem Based Learning Task and interviews with medical professionals



Workshop developed to bridge the gap between local A&E departments and Tier 2 Mental Health Services



Delivered to Nurses, Health Care Assistants and Physio Team

Mental Health Awareness for Professionals



Mental Health & Stigma Awareness for Community clubs



Aimed to increase accessibility into service for teens and raise awareness of mental health topics (e.g. Puberty, Male Mental Health, LGBTQ +, Ethnicity)

Mental Health & Stigma Awareness



Workshop targeted community clubs across three localities, including Cubs, Scouts, Cadets and Sports Clubs (local Football, Netball, Basketball teams)



Adapted to suit the audience based on the groups needs and preferences



Resulted in joint working with local clubs and a podcast

Plans for the future - Mindjurny



New app for young people and parents for all communities



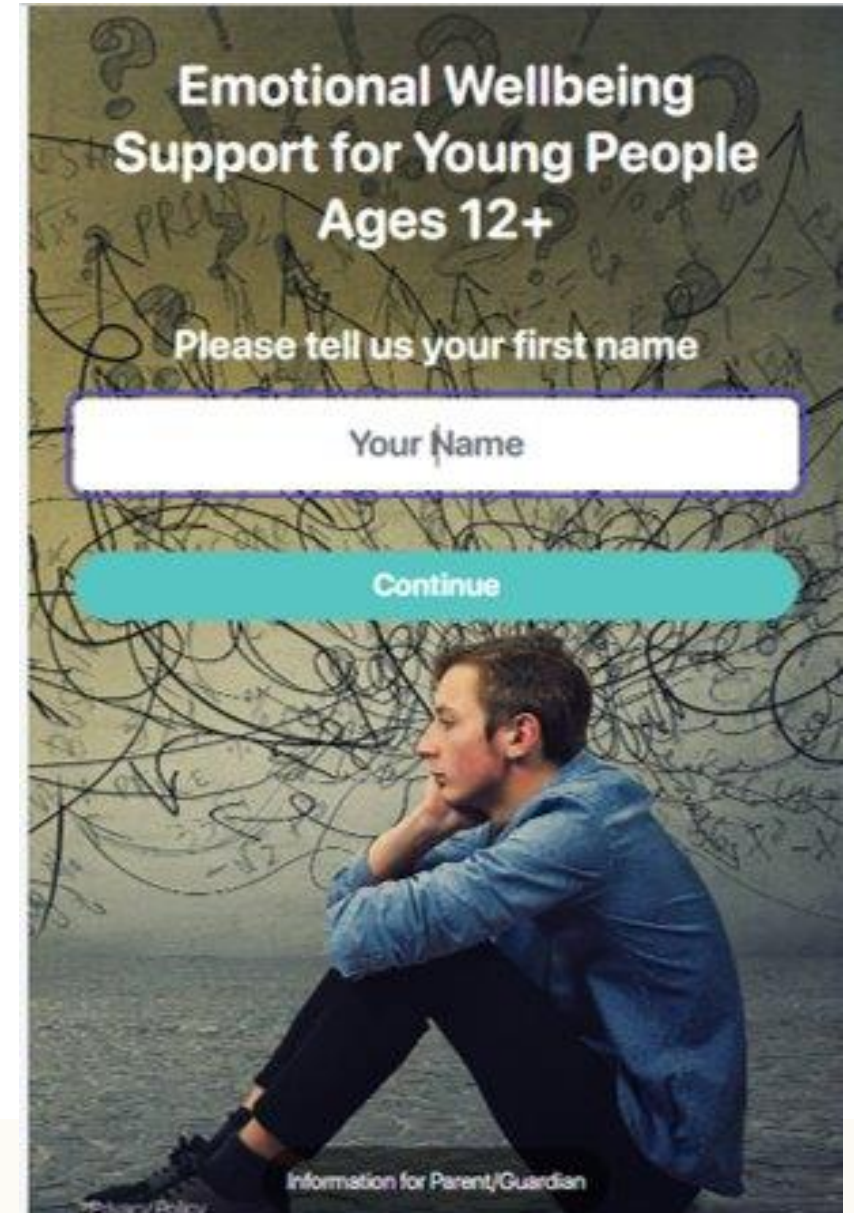
Features workshops in bitesize videos



Adapted based on feedback from focus and participation groups



School launch September 2023
Future plans with community groups





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Thank you for listening