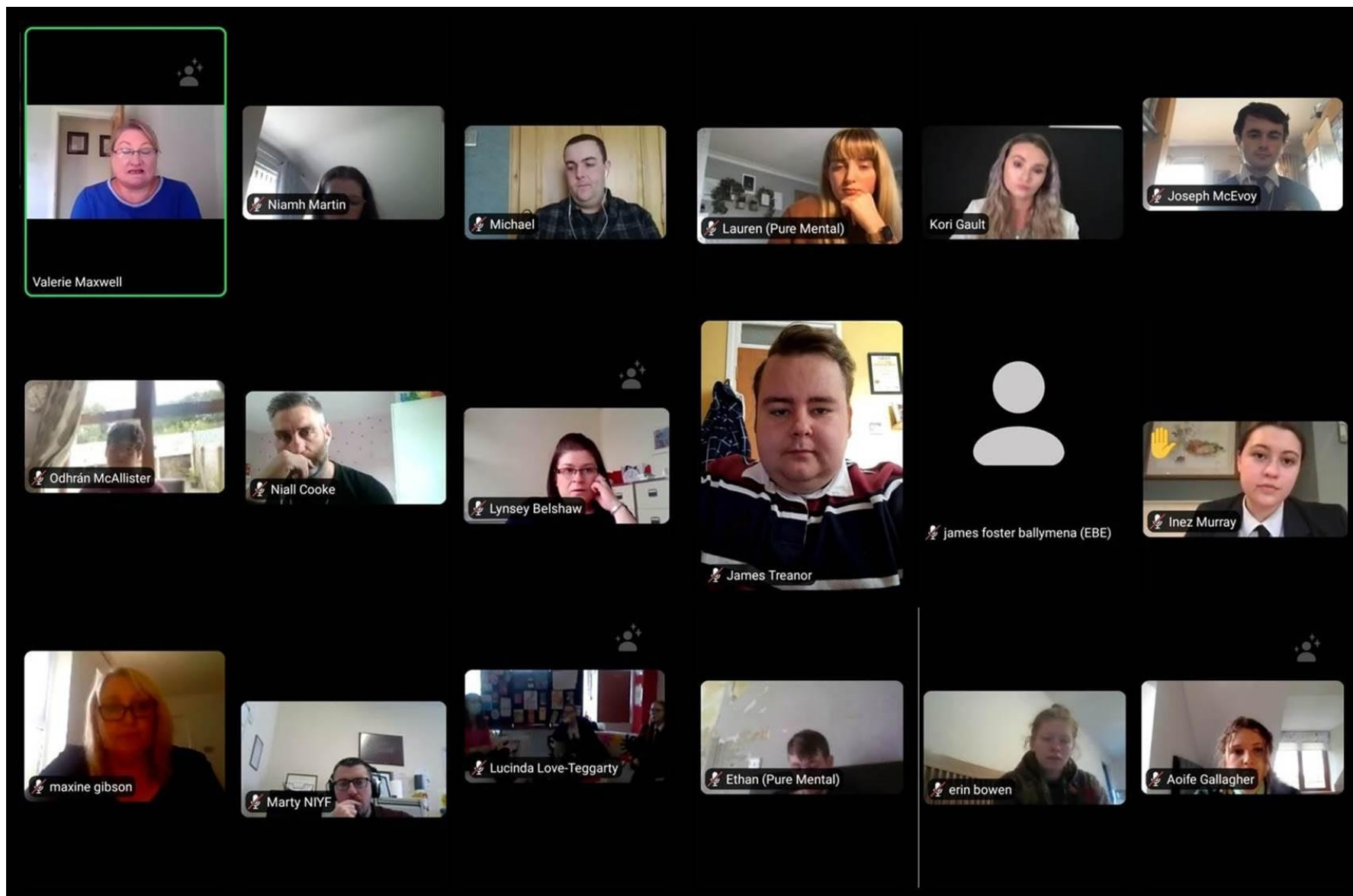


Development of Emotional Mental Health and Wellbeing Webpage

Young People's Project
Valerie Maxwell



First meeting was held on Wednesday 28 April 2021 – 4.15pm – 5.00 pm
Total of 21 participants with 18 being young people



What we discussed and agreed

Scoping exercise

Identified 80 + websites sharing emotional wellbeing information – majority catering for adults and parents – we shared 5 websites showing functionality and ideas with young people

Suggestions and Ideas for Page

BLOGS & PODCASTS

Stories/scenarios shared via animation

HAPPINESS QUOTES

COPING STRATEGIES

Heads Up toolkit

Q&As

Signposting

Challenges

"The term 'hard to reach' is quite stigmatising

Relaxation Tips – 26th March

MENTAL HEALTH CONCERNED ABOUT MYSELF CONCERNED ABOUT SOMEONE ELSE SERVICES TRAINING

MENTAL HEALTH CAMPAIGN LAUNCHED IN MORE THAN 500 COMMUNITY PHARMACIES

Active April 2021

April 2021: Daily actions to help you stay active and give your mind & body a boost.



[Based on the key of Exercising: Take care of your body]

Mindful March 2021

March 2021: Daily actions to help you be more mindful and live in the moment.



> Get friendly daily action 'nudges'
> Receive inspiring messages
> Connect with like-minded people

TAKE ACTION WHERE YOU ARE



Exploring What Matters is your chance to meet friendly, like-minded people and find ways to make yourself and others happier.

GET INVOLVED

Design and Page Name – next steps

WELCOME YOUTH WELLBEING HUB

Super excited to be part of this very much needed project providing resource to children, young people & families @cypsp representing @PureMentalNI Well-being Council! **Lauren**

It is a true honour to be given the opportunity representing the @PureMentalNI Young People's Well-Being Council with @inezmtmurray & @laurenmallon as we begin such vital work with @cypsp on this very exciting and much needed project that will be so beneficial in the long run! **Ethan**

UNDER 16

OVER 16

Feedback after first meeting on social media

Our **N&M Youth Councillors** Joseph & Odhran were invited to represent our Youth Council on a new steering group hosted by CYPSP to develop a new Emotional Health & Wellbeing page that is specifically targeted towards Children and Young People on the CYPSP website. #voiceofyoungpeople

CYPSP doing great work again.....always wonder why more people don't know about this partnership
Sean Holland

As it should be. The future is bright with these amazing young people on board. Brilliant to see young people leading the youth conversation around mental health and mental health awareness. Great to see two of **Crisis Café young advisory group** involved also

**THANK YOU
QUESTIONS**