

YMCA MANCHESTER  
MENTAL HEALTH  
CHAMPIONS



## MENTAL HEALTH CHAMPIONS PROJECT

Here at YMCA Manchester, we have been working hard to improve the lives of young people through health and well-being services, particularly those who struggle to access support from mainstream provision. Our services are both youth led, and trauma informed. We have delivered sessions across Salford through youth groups, colleges and schools reaching over 3,000 young people.

Our Mental Health Champions Project is an early intervention programme co-designed and co-produced with young people aiming to raise awareness around mental health, eliminate stigma and promote strategies for positive well-being.

As part of this project, we are offering free Mental Health and Well-being Sessions for young people.



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## What are the Mental Health and Well-being sessions?

Sessions last around 45 minutes and can also be adapted to suite assemblies, form small group interventions or even be delivered during PPA time.

## What are the benefits of these sessions for young people?

- Underpinning knowledge and understanding surrounding mental health conditions.
- Develop emotional resilience that enables them to support themselves and others.
- Tools and resources to seek and access further support.

## What are the benefits of these sessions for schools?

- Reduces teachers already hectic workload.
- No planning required (just a date and time!).
- Meets requirements of the PSHE curriculum (at all key stages)
- Evaluation of progress for each pupil and session.

## Where are the sessions delivered?

At present, due to lockdown restrictions, our sessions are currently available remotely and are free for 13-25 year olds living or studying in Greater Manchester.



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Workshop		
1	2	3 (KS4*)
<p><i>Fundamentals of Mental Health</i></p> <p>(concepts of mental health, common types of mental health conditions and recognizing early warning signs in self and others)</p>	<p><i>Keeping Well</i></p> <p>(exploring coping strategies, looking after yourself and others, sources of support)</p>	<p><i>Perception vs Reality</i></p> <p>(topic specific workshops: self-harm and suicide, body confidence and anorexia, stress and anxiety, depression, LGBT and mental health, OCD, ADHD)</p>
<p>*Schools/Colleges can opt for as many sessions as required, upto a maximum 9 sessions available</p>		

To book or make an enquiry or for further information, please email: [nicole@ymcamanchester.org.uk](mailto:nicole@ymcamanchester.org.uk)



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