



# Supported self-help for young people

A new mental health service  
in the community

## **What does the support look like?**

We're your expert mental health partner in England and Wales. We help children, young people and adults to live well in local communities.

Our local Minds bring focussed mental health expertise to the services they provide.

Delivered in GP Practices by our local Minds, supported self-help for young people is an evidence-based mental health and wellbeing service for 7 to 17-year-olds.

Supported self-help gives young people the skills to understand, protect and improve their mental health.

# What is supported self-help for young people?

Supported self-help for young people is an early intervention service to support mental wellbeing as soon as a person needs it. It involves 5 short sessions with a trained CYP wellbeing worker to hear what support a young person needs and develop a wellbeing toolkit with them.

A wellbeing toolkit is your collection of mental health tools that work best to keep you well. Supported self-help has been developed with young people and their trusted adults.

## What does the support look like?

Trained children & young people wellbeing workers deliver supported self-help in a GP or community setting. The first session is a 40 minute introduction to discuss what support the young person needs. A young person can bring their trusted adult to the introduction session and this decision is always young person led. If both young person and wellbeing worker feel supported self-help is appropriate they will have five 30 minute sessions using evidence based tools and resources to develop a wellbeing toolkit.

A young person can choose whether their trusted adult is involved in their five wellbeing sessions. This trusted adult must be the same person throughout all the sessions - from introduction to session 5.

## Who is a trusted adult?

A trusted adult is an appropriate adult whom the young person trusts and can help to develop their wellbeing toolkit. Examples of a young person's trusted adult can be:

**Mum, Dad, Grandparent, Aunt, Older Sibling, Step Parent.**

## How does a trusted adult support?

As a trusted adult you are there at the request of your young person. Some supported self-help sessions will be one-to-one and only between your young person and CYP wellbeing worker. The best support you can provide your young person is to practice their wellbeing toolkit with them. Your practitioner will always explain how you can do this, so no need to worry.

**If unsure always ask  
“how can I help with that?”**




## **One-to-one materials include information on:**

- **Loss**
- **Anger**
- **Fight, flight or freeze**
- **Low mood**
- **Self-esteem**
- **Anxiety and stress**
- **Worrying and unhelpful thinking**
- **Five ways to wellbeing**
- **Positive self-talk**
- **Mindfulness**
- **Being assertive**
- **Sleeping well**



## Sessions may go like this

### 1 CYP appointment with GP:

You will speak to your GP who will help you find the right person to help you, or book a phone appointment with the CYP wellbeing worker. 

1

### 5 Session three:

This is where you will continue developing a toolkit of things to help. You can choose to have your trusted adult in the room for some of this session.

5

### 2 Introduction meeting:

You and a trusted adult will come to a session with a wellbeing worker in your GP practice to tell your story and see how they can help.

2

### 6 Session four:

This is where you will continue developing a toolkit of things to help.

6

### 3 Session one:

This is where you will start developing a toolkit of things to help. You can choose to have your trusted adult in the room for some of this session.

3

### 7 Session five:

This is where you share your completed toolkit and celebrate completing supported self-help.

7

### 4 Session two:

This is where you will continue developing a toolkit of things to help.

4

### 8 Final admin tasks:

Your wellbeing worker will let your GP know you have finished supported self-help.

8

# Preparing for your introduction

What do I want to say?

What do I want my adult to say?

What have I tried before?

What has helped?

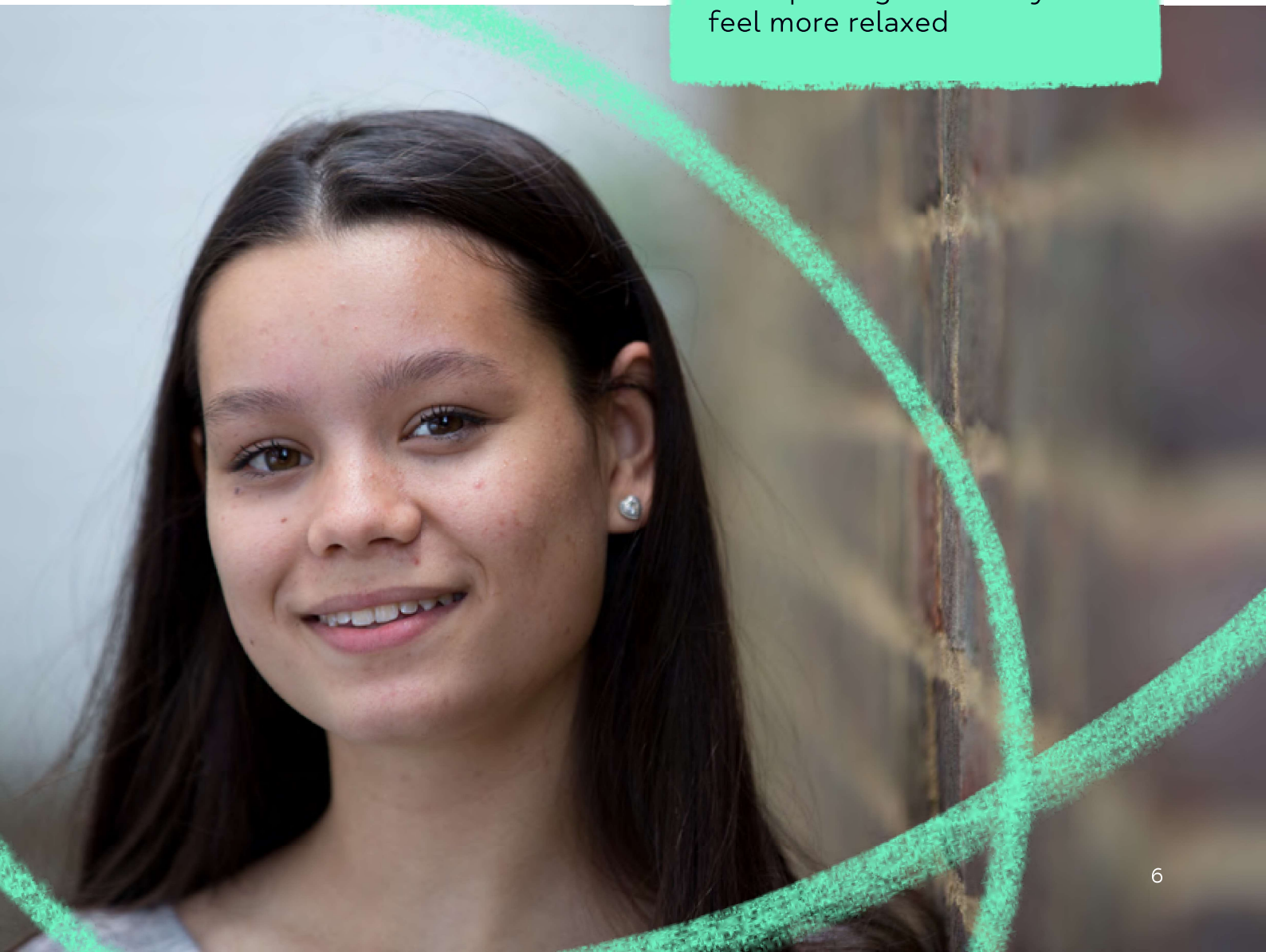
# 3/5 Breathing

Try this exercise while you wait for your appointment to start.

When we feel stressed or anxious, it can affect our breathing. We tend to take short, fast breaths from high up in our body, near our chest. Breathing too quickly can mean you take in too much oxygen, which can make you feel light headed and even panicky.

If you notice that you are breathing quickly, or that you are starting to feel light-headed, then 3/5 breathing can help you to feel more calm. Here's how to do it:

- 1 Breathe in and count to three as you do so
- 2 Hold for two seconds
- 3 Now breathe out and count to five at the same pace
- 4 Keep doing this until you feel more relaxed



# Appointments

**Session:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Time:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Session:** \_\_\_\_\_

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