



Parent Coffee morning
Mental Health
10th of November 2022



What is Mental Health?



What is meant by mental health?

Mental health **includes our emotional, psychological, and social well-being.** It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.



Pause hubs – Forward thinking Birmingham

Pause, delivered in partnership with Forward Thinking Birmingham, is a well-being drop-in service for anyone under the age of 25 with a Birmingham GP.



You can now drop-in for a face to face session, no need to pre-book.

Due to high levels of demand booked sessions can be wait of up to 3 months, therefore please drop-in for immediate access to face to face sessions if at all possible.



Kooth is your online **mental** wellbeing community.

What age is Kooth suitable for?
between 11 and 24

Kooth offers emotional and mental health support for children and young people aged **between 11 and 24**. On Kooth, qualified counsellors are online seven days a week to provide young people using the service with online counselling, through chat-based messaging via drop-in or booked sessions.

The Call Centre's telephone number is **0800 45 46 47**.



Is forward thinking free?

This is a 24/7 text service, **free on all major mobile networks**, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.



Early intervention means **identifying and providing effective early support to children and young people who are at risk of poor outcomes.** Effective early intervention works to prevent problems occurring, or to tackle them head-on when they do, before problems get worse.



What is the Stick Team Birmingham?

They deliver early help in mental health for our children and young people in Birmingham; **providing screening, training, intervention, consultation and knowledge (or STICK)** to our young people, parents and professionals.



How can we

improve

Mental Health?



Can you write a
strategy on a post-it
that has worked for
you?



Make social connection — especially face-to-face — a
priority. ...

Stay active. ...

Talk to someone. ...

Appeal to your senses. ...

Take up a relaxation practice. ...

Make leisure and contemplation a priority. ...

Eat a brain-healthy diet to support strong mental health...

Don't skimp on sleep.

Affirmations

Positive quotes

Have you thought of any more?



Activity:

Table 1 – Positive jars

Table 2 – Colouring and drawing

Table 3 – Let go