

YMCA Young Mental Health Champions

The Young Mental Health Champions (YMHC) project is a 1 year Department of Education funded programme which is being delivered by YMCA Norfolk.

This new project builds on the success of the YMCA's 'Young Health Champions' project and will recognise the power of young people by recruiting and training them as 'Young Mental Health Champions', giving them the skills and confidence to deliver positive messages about mental health in community and education settings.

The project will also aim to support key adults such as teachers and youth workers to feel more confident in raising the issue of mental health with their pupils and service users. Finally, the funding will also be used to provide a professional counselling service for young people with emerging mental health needs who either do not meet the criteria for accessing CAMHS or for those waiting or leaving mental health services.

During the lifetime of the YMHC project there will be:

- 20 Young Mental Health Champions
- Over 200 11-21 year olds accessing mental health workshops and sessions
- 30 adults including teachers and youth workers supported to increase their knowledge around young people's mental health issues
- 100 young people accessing a YMCA led early intervention counselling service

Please view the Young Health Champions leaflet below for further information.

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What are Young Mental Health Champions?

The Young Mental Health Champions (YMHC) project is a 1 year programme, delivered by YMCA Norfolk and fully funded by the Department of Education, which will:

- ▶ Improve the mental health of 11 -21 year olds
- ▶ Increase awareness of mental health issues amongst young people in schools and other youth focused setting e.g. youth clubs
- ▶ Train and support young people to become 'Young Mental Health Champions'
- ▶ Provide a professional counselling service for when young people first need help and to assist in preventing mental health problems escalating.

What can we offer?

The YMHC project team can come in to your school to deliver a **6 session course of interactive workshops** that promote good mental health and raise awareness of mental health issues as well as helping to build resilience in young people and remove barriers to learning. Our team can **also deliver assemblies or 'taster session'** during form time or lunch breaks.

The YMHC project team can also **train up and support young people in your school to become 'Young Mental Health Champions'** who will pass on key mental health messages to other young people as well as signposting to existing specialist services. This 'peer to peer' delivery model is an integral part of the project and has proven hugely successful in previous years of delivery.

WE'RE HERE FOR ALL YOUNG PEOPLE

Our Counselling Service

The YMCA Norfolk Counselling Service can work with your young people to help them overcome any personal problems they are having, such as:

- ▶ Feeling sad or lonely
- ▶ Self-esteem issues
- ▶ Trouble at home
- ▶ Stresses at school
- ▶ Worry or anger
- ▶ Loss/bereavement
- ▶ Family/step-family relationship issues

YMCA Norfolk counselling is all about the individual, it is safe, non-judgemental and confidential. All of our counsellors are either near completion of training on a recognised diploma/degree course or are fully qualified counsellors. We require that the counsellors receive professional supervision within BACP (British Association for Counselling and Psychotherapy) guidelines and have their own professional liability insurance.

Our counsellors are all DBS checked and receive in-house training such as 'Safeguarding Children and Vulnerable Adults' and 'Professional Boundaries'.

Referrals can be made by staff and the young people themselves (self-referrals). The referral pathway can be discussed and tailored to meet the requirements of your school.

This project works to support emerging mental health issues in young people, and we can offer up to 12 counselling sessions per young person, as needed. If serious mental health issues are identified we will support the young person to access more specialist support i.e. CAMHS.

Please note: for the benefit of the young people we would prefer counselling to take place on site, in a confidential space provided and agreed upon by the school.

Find Out More

For more information about how your school can benefit from these services please contact;

YMHG Project Coordinator, Charlie Smith
T: 07894 566615

E: charlotte.smith@ymcanorfolk.org

Counselling Coordinator, Denise Hunter
T: 07795 487570

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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.