Digital Resources for Youth Mental Health

Welcome to #ayemind

@ayemind99 www.ayemind.com
Overview

• NHS GG&C Children and youth mental health framework

• Why Aye mind?

• Navigating Aye Mind

• Looking after yourself
Mental Health Improvement & Early Intervention for Children and Young People

One Good Adult
Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools
Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care...

Resilience Development in Communities
Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding Thru the Service Maze
Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

Responding to Distress
Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

Peer help & Social Media
Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

Delivering better health
www.nhsggc.org.uk

This strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it.
Positive about Wellbeing

*Aye Mind* is on a mission to improve the mental health and wellbeing of young people – by making better use of the Internet, social media and mobile technologies. We are working with young people aged 13 to 21 to create and share a wide range of resources. We’re also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing.

The project is a partnership between Greater Glasgow and Clyde NHS, Snook, the Mental Health Foundation and Young Scot, with a wide range of local partners involved too. *Aye Mind* is a *work in progress*, so check back often for new stuff!

Read on or [contact us](#) if you have any questions.

Delivering better health
www.nhsggc.org.uk
Co-production in action
- Making animated gifs to communicate on mental wellbeing issues

“serious fun”
Co-production in action

‘Support Squared’

Animated Gifs – covering range of wellbeing themes, devised entirely by young people
Looking after yourself

Things I can do

..........by myself
..........with others

People I can talk to........