

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 13

15/06/22



The newsletter will provide information about our Young Adult Wellbeing Service (YAWS), as well as relevant updates, information and contributions from young people that promote mental health, wellbeing and connections with our community.

Call: 0141 552 5592 or email
YAWS@gamh.org.uk to make a referral



General Updates

YAWS Walking Group

YAWS sessional staff welcome individuals who want to join their walking group. The group will be on a Thursday from 5pm-6pm (Or longer depending on the route). The group will meet outside GAMH Head Office and will include different walking routes in the surrounding area.

YAWS Picnic in Glasgow Green

YAWS enjoyed a lovely picnic in the Glaswegian Summer. The group enjoyed an evening of snacks and had a good catch-up.



Important Venue Update

Unfortunately, our usual venue, Theatre Nemo, has had a leak and so future sessions will be arranged elsewhere. Please check your texts for information about group sessions. Apologies for any inconvenience!

Timetable for June

For the safety of our members and our staff please do not attend any groups if yourself or a member of your family test positive for Covid-19. Please see page 5 for advice or help when isolating with Covid-19 as well as up-to-date regulations.

Date	Session	Where
06/06/22	Face to face	Glasgow Green 6pm
14/06/22	Face to face	Mini Golf- Jumble Rumble 6pm
21/06/22	Face to face	TBC- Please ask members of staff and check texts for more details
28/06/22	Face to face	TBC- Please ask members of staff and check texts for more details

To make a referral for yourself or for a young person you work with call: 0141 552 5592 or email YAWS@gamh.org.uk to become involved in the YAWS community



Pride Month

This year marks 50 years since the first Pride March in the UK! Across the UK Pride Marches will take place in towns and cities to express identity, love and show support for individuals in the LGBTQIA+ community.

There are so many important topics to discuss during Pride and throughout the whole year. Below are just a few topics that are important to recognise

Gender Identity and Mental Health

Gender identity is how an individual describes their gender and how they want others to refer to them. It is important to ask someone's pronouns to ensure that we don't offend, mistreat or disrespect others. These actions can negatively effect one's mental health.

It is common to feel confused or question your gender identity. This can often lead to anxiety and low self-esteem as you might feel pressure to conform or to label yourself. It is so important to take time to explore this very personal journey with patience and kindness and be accepting to yourself during this time. You are worth all the time in the world to feel accepted by yourself.

Sexuality and Mental Health

It is common and natural to question your sexuality. This is true throughout your life- it doesn't need to be labeled or the same throughout your life. It can be incredibly difficult when you are exploring your own sexuality, when others are not accepting or understanding or when you hear about similar individuals to yourself experiencing hate crime.

You are valid. You are worthy of being who you want to be.

To keep yourself safe mentally and physically, make sure you find your "safe spaces" (this can be a physical space or a person) know that you don't owe people an explanation about your personal experience, join groups with a trusted friend with people who are going through something similar.

Being an Ally

Educate yourself: This is a lifelong, consistent lesson that everyone needs to consider

Listen to first-hand experiences

Cater to your own strengths: protesting isn't the only way to show support to those who are victims of discrimination. You can donate or volunteer at charities that support the cause, educate others, call out discrimination when you see it and write letters to your local authorities if you see discriminatory practices in school/ college/ workplace

Take Care of Yourself

If you are **someone who is struggling with identity, sexuality or body image**- this can be really difficult and sometimes damaging. This is why it is so important to reach out to people you know and trust and healthcare providers. No one should go through these feelings alone and you aren't the exception.

If you are **supporting someone who is supporting LGBTQ+ individual(s)**, it is important to self-reflect on how you can best help. You don't need to protest if large crowds make you uneasy. You can report hate crimes as they happen if you feel at risk. Please call 999 in an emergency or report a hate-crime here:

<https://www.scotland.police.uk/contact-us/reporting-hate-crime/> .

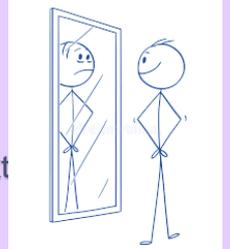
Young Minds UK have some excellent resources for those wanting to read or learn more about LGBTQIA+ individuals. Please visit their website for more information.

Body Image and Mental Health

What does “body image” mean?

Body image refers to the way we think about our body and this can be influenced by how we think other people perceive our bodies. Body image can be both **positive** and **negative**. If we struggle with mental health difficulties, we are more likely to have a more negative body image. Body image isn't only in relation to our weight, it can be influenced by various things such as: acne, disability, scars, birthmarks, your body shape being underrepresented in the media or feeling as though your body doesn't match your gender assigned at birth.

Try to think of a common negative thought you have about your own body. Can you turn it into something more positive below? If you are struggling see text below about becoming more body positive



Negative body thought	How can we make this positive?
“I hate my body”	“My body has gotten me through a lot of illnesses and difficulties”
“I am so unfit”	“My body gets me from A to B even when it is tired”
Your turn:	
Your turn:	
Your turn:	

How can we be “body positive”?

1) Say **3 kind things to yourself in the mirror** every morning/ time you feel negative about your body.

- 1.
- 2.
- 3.



2) Find a baby photo and imagine telling this baby your negative thoughts... Can you do it? **Do they deserve it? What kind words do they deserve?**

3) Follow body positive people on social media. If certain posts are negatively influencing your mood, mute or delete them.

4) Would you say that thought about a friend? **What is a nicer way you could say it** (imagine you are talking to a friend)?

5) Contact your GP. Tell them what you are **thinking** and **how much** it is affecting you. Think of some questions to ask before your appointment so you don't forget.

Community Updates for Young People

National Suicide Prevention- Youth Advisory Group

This group is aimed at individuals who are 16-25 and have aimed to take their own lives, have had suicidal thoughts or have lost a loved one to suicide. The group aims to inform government policy makers on how best to support young people in Scotland who are suffering from suicidal ideation and mental health difficulties. The group will be as relaxed and as fun as possible and provide an opportunity for young people to meet others who have experiences similar difficulties. If you are interested, please feel free to speak to a member of **YAWS** at **GAMH** to help you get in touch with Chris Ross from Children in Scotland

Please make sure you have someone who can support you before and after these meetings, whether that is a worker, a friend or a family member.

LifeLink Free Zoom Classes June

Class	Date	Link
Re-assess your stress	15/06/22	https://www.eventbrite.co.uk/e/re-assess-your-stress-tickets-345644691577
Building Confidence	22/06/22	https://www.eventbrite.co.uk/e/building-confidence-tickets-345646276317
Art of Relaxation	24/06/22	https://www.eventbrite.co.uk/e/art-of-relaxation-tickets-345648843997
Improving Motivation	27/06/22	https://www.eventbrite.co.uk/e/improving-motivation-tickets-345651993417

LGBT Youth Scotland

LGBT Youth Scotland is a charity that helps provide support to LGBTQI+ individuals with online resources, online support services, youth groups and information on coming out, relationships and more. Visit: <https://www.lgbtyouth.org.uk/groups-and-support/>

Screen Start Employability Program

If you are over the age of 16 and interested in being employed in the film industry. This program includes training, mentoring within the industry and work placements. You can be apart of this program if your postcode falls within the areas specified here:

<https://simd.scot/#/simd2020/BTTTTFTT/9/-4.0000/55.9000/> , are care experienced or estranged, are Black, Asian, or from any group that experiences racism, have a disability or are from the LGBTQ+ community. Registration closes at the end of June and full applications are submitted by mid-August with placements starting in September. To see if you are eligible for this program visit this website for more information:

<https://forms.office.com/pages/responsepage.aspx?id=Rq0mInRGt0mSmcsI8lVGu0D5wpd4esRHubk0au3AQLJUMUxiUEFNMDhJMIpFWFYxUkNVUEoxRjIYMC4u> or email:

screenstart@gmacfilm.com

Mental Health Contacts

Breathing Space (Monday-Thursday 6pm-2am. Friday, Saturday, Sunday: 6pm-6am. FREE)



0800 838 587



info@breathingspacescotland.co.uk



<http://breathingspace.scot/>

Visit the Website to access their live, confidential Webchat service.
Available Monday to Friday 6pm- 2am, Weekend: 4pm-12am



Samaritans (24hrs availability via phone service, 24hour response times for emails. FREE).



116 123



jo@samaritans.org



Glasgow Office:

210 West George Street, Glasgow. G2 2PQ



NHS Living Life (for those over the age of 16, Monday-Friday:1pm-9pm)

Suitable for those experiencing depression, anxiety, or low mood. This is a FREE self-referral service that includes 6-9 sessions with a trained professional



0800 328 9655



<https://www.nhs24.scot/our-services/living-life/>



NHS 111 (FREE 24hour service)

If you need free, urgent medical advice or need general health information and advice call or visit NHS 111



111



<https://111.nhs.uk/>



If you or someone you love is in crisis, please call the phone numbers on this sheet instead of using the webchat or email addresses provided for immediate assistance