

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 16

18/09/22



Encouraging
Community
Activity



Building social
networks



Encouraging
Independence



Increasing
skills



Promoting
Wellbeing



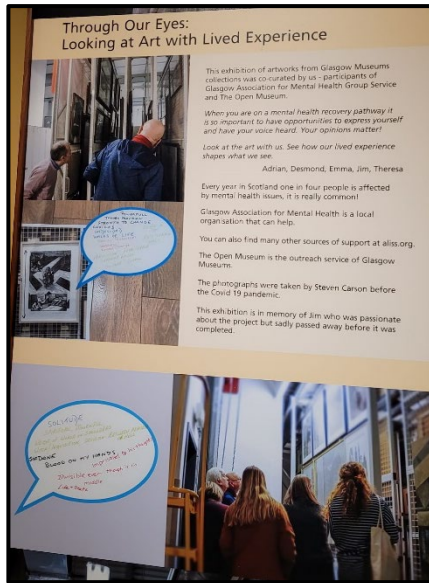
The newsletter will provide information about our Young Adult Wellbeing Service (YAWS), as well as relevant updates, information and contributions from young people that promote mental health, wellbeing and connections with our community.

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



General Updates

YAWS visits the Kelvingrove Museum



Bowling with YAWS



r.20	1	2	3	4	5	6	7	8	9	10	Tot.
Victoria	6	4	7	1	5	4	7	/	/	/	93
Courtne	3	7	1	8	8	7	3	8	1	5	79
Aaron	6	2	3	3	3	1	6	9	/	/	90
Zayan	4	2	7	2	9	9	9	9	9	6	97
6	6	15	24	33	52	61	75	82	88	97	0
7											0
Team 13											432 432

PLAYER	1	2	3	4	5	6	7	8	9	10	TOTAL
Ryan	8	7	1	2	5	9	8	7	1	6	73
Victoria	6	4	4	7	1	5	4	7	3	9	93
Courtney	3	7	1	8	8	7	3	3	5	7	79
Aaron	6	2	3	3	3	1	6	9	9	9	90
Zayan	4	2	7	2	9	9	9	9	9	6	97
-6	STOPPED										0
-7	STOPPED										0

Important Venue Update

Nemo Arts has now re-opened its doors and GAMH will be continuing to use it as a venue for a variety of sessions. Nemo Arts will also be continuing their own projects and activities, so make sure to take a look!

Timetable for September

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
06/09/22	Glasgow Museum Resource Centre: Elaine Addington	Nemo Arts 6pm
13/09/22	Introduction to College/University	Nemo Arts 6pm
20/09/22	Willow Weaving course by Operation Play Outdoors	Nemo Arts 6-7:30pm
27/09/22	Individual Placement and Support (IPS): young people employability programme	TBC

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

Back to college & university

Transitions

Transitioning into higher education is anxiety provoking for most people. But it is also a new and exciting opportunity to meet new people, learn about other's experiences and try new things. To make the transition as easy as possible you can try a number of things. You can practice the route to and from college, bring something comforting from home, find societies with like-minded people to raise your excitement, make sure you have the appropriate stationary before attending lectures or make a list of things/ activities that calm you so that you know how to help yourself if you become stressed. If you have **additional learning needs** and are concerned about your experience in higher education, visit your University's student hub to ask for their disability service. If your school has not already supported your transition, it is important to get the support you need from the college you are in. If you need further support please visit: <https://www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/free-telephone-helpline/>

Confidence

It is natural to feel nervous around new people and in a new environment. Here are some tips to consider when aiming to improve your self-confidence:

- Check out your lecturers/ tutors office hours- if you do not want to ask questions in front of a group, go along to their office with a list of your questions or make an appointment.
- Try not to compare yourself to others- everyone has different talents, opportunities, skills and experiences. There is no point in comparing ourselves to those around us. This is a very easy trap to fall into. A little tip is to avoid asking (or answering) the question "What mark did you get for X?" or "how did you find Y?". Often, people exaggerate their own truth to increase their confidence. Don't let this question influence your experience.
- Join societies- societies and clubs are a great way to meet like-minded people who share your interests and passions which can be great in improving your self-confidence.

Peer Pressure

If something just doesn't feel right or doesn't feel like it is something that you want to do- you don't have to. University and College is filled with new people and opportunities. If a group of friends do not make you feel unapologetically "you", then maybe it is time to reflect on what you get from the friendship. If you fear that you don't get much, try talking to them about how you feel. If they care about you, pressuring you is the last thing they would want to do.

Mental Health Services

If you struggle a lot with mental health, university and colleges have excellent mental health services and resources available to you. Type in the name of your school and "mental health" to see what resources are available to you. If there are long waiting lists, please visit the helplines detailed at the end of this leaflet.

What are you most looking forward to?

What are you worried about?

Feeling Overwhelmed

Su*cide Prevention Day September 10th

Please be aware that this box discusses su*cide and may be triggering for some individuals. As part of Su*cide prevention, we wanted to raise awareness for helplines and methods of support that anyone can access who may be experiencing thoughts related to su*cide or anyone who is feeling overwhelmed.

For immediate help/ support please call 999 if yours or someone else's life is at risk



For those in Renfrewshire (16+) contact FIRST Crisis Centre for free on **0800 221 8929** 7 days a week, Mon-Fri 9am-8pm and Sat-Sun 9am-5pm



To access a safety plan please visit:

<https://www.samaritans.org/scotland/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/creating-safety-plan/>



Text SHOUT to **85258** 24/7. All texts are confidential and anonymous and are free for UK phones networks.

Why might I be overwhelmed?

Everyone feels overwhelmed sometimes. It is something that a lot of us experience but perhaps don't know how to prevent it or how to help ourselves (or others) when we feel we have lost our control. Feeling overwhelmed does not just come from having lots of items on our to-do lists or when an accident has occurred. Humans can also feel overwhelmed when there are changes to our routines or when there has been unexpected, difficult life events such as bereavement. Therefore, it is crucial to be able to identify our boundaries and our warning signs.

Some common signs of being overwhelmed

Being overwhelmed can be an all-encompassing and very consuming feeling. It can often result in a feeling known as cognitive fatigue.

Cognitive Fatigue

Cognitive Fatigue usually develops when one is feeling overwhelmed, overworked or when they are unable to give their body (and brain) the space and care that it needs. This might feel like a slowness in mental function, a difficulty in concentrating, inability or difficulty in thinking logically and ability to problem solve, forgetfulness, confusion or can result in racing thoughts in the mind.

What can I do now?

- Think about what caused the fatigue:** Can you delegate some tasks or activities to other people? Can you ask a friend to listen to some of the emotional weight you are experiencing?
- Ask yourself if perfectionism is involved:** When we are feeling overwhelmed, it is easy to beat ourselves up if things aren't done perfectly or when we haven't completed our impossible to-do lists. Allowing yourself to get things done that you **can** do and in your own time is one of the best and most compassionate things you can do for yourself during this time.
- Ask for support from people you trust:** It is okay to reach out to people around you when you are feeling out control. Ask yourself who you think would be helpful and understanding during this time.
- Self-Soothe:** What can you do that will actively and quickly reduce distress in this moment (e.g. fresh air, music, sounds, hot drink, water, smells etc.)

Community Updates for Young People

Partnership with STAF and Young People

On the 29th of September from 12pm-4pm there is a Project Return Mental Health and Wellbeing Hub in the Renfield Centre for care experienced individuals. This event will include organisations from financial, housing, parenting support and charitable organisations. There will be goodie bags at the event and the day will include fun activities. If you are someone who has experienced the care system or are/ have been a carer, please consider attending. To find out more about the event please visit their website at: <https://www.staf.scot/>

MyBnk- Financial Education

MyBnk offer a flagship programme in The Money House on Hope Street, Glasgow. The course provides education on financial literacy, tenancy education and aims to reduce youth homelessness. This course is free to attend to all young people and results in the young person gaining a SCQF Level 4 qualification in Personal Money Management that is accredited by the SQA. To find out more about this programme or to sign up for sessions, please visit: <https://www.mybnk.org/our-work/financial-education/the-money-house/>

They also provide a program called Money Works which is an accredited financial education programme that is for individuals not in mainstream education. This programme is for young adults moving out and helps them address any money anxieties. To find out more about this programme or to sign up for sessions please visit: <https://www.mybnk.org/our-work/financial-education/money-works/>

Asylum Seeker Mental Health and Wellbeing Telephone Line

The BOLOH Helpline is a service provided by Barnardos that provides support to asylum seekers. This service is free, confidential and aims to provide advice and information or a place to talk. The aim is to provide UK-wide support to asylum seekers with their emotional wellbeing. Advisors might be able to provide specialist advice on a range of issues you might be experiencing, provide free counselling or can help you access other organisations. Call them for free on 0800 151 2605 or talk to them via webchat at helpline.barnardos.org.uk (there will be an icon at the bottom right and their helpline is open 10am-8pm Monday to Friday or 10am-3pm on a Saturday).

If you would like more information on this service or would like to share the information provided above with others, please visit: <https://helpline.barnardos.org.uk/>

Triumph Fest- celebrating young people's contribution to mental health research

On the 7th of October there will be an online event that aims to celebrate and magnify the voices of young people's contribution to mental health research. This event is available for researchers, policy makers, young people and practitioners. Please visit: <https://www.eventbrite.co.uk/e/triumph-fest-tickets-380189265327> to get your free ticket.

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 24 Scotland (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/>



LGBT Health and Wellbeing

Provide support to those 16+ who are part of the LGBT+ community



0300 123 2523

For free on Tues-Wed 12-9pm/ Thurs-Sund 1-6pm



helpline@lgbthealth.org.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