

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 6

17/09/21



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

CDRS: Compassionate Distress Response Service for Young People 16-25

CDRS are delighted to announce the launch of a new service for young people aged 16 – 25 years. The service supports young people experiencing distress who are referred to the service by education, CAMHS, further and higher education, general practice staff, first responders, emergency services, mental health assessment units and a range of organisations working with young people.

The routes are based on the experience of GAMH's Young Adult Wellbeing Service (YAWS) and current research being undertaken by the University of Exeter and University of Manchester on young people's experience of mental health, loneliness and isolation.

Both our OOHs and In Hours CDRS service have reduced their age group to 16+. They have both recently celebrated their first year anniversary and this experience will also help with the development of the new young people service.

<https://glasgowcity.hscp.scot/news/supporting-adults-and-young-people-experiencing-emotional-distress>

YAWS Update

YAWS will have access to Theatre Nemo from the 17th of August. From September onwards our face to face sessions will be on Tuesday evenings from 6pm-7:30pm to meet the school and college needs of the young people.

We will let everyone know when and where these sessions will be.

Timetable for September

Subject to Change due to
weather and restrictions

Date	Session	Where
01/09/21	Documentary on climate change followed by discussion	Face to face
06/09/21	Consultation- Distress Response YP	Face to face
07/09/21	Social: Mini Golf	Face to face
14/09/21	Group Dinner	Face to face
15/09/21	Rights of Young Adults	Zoom
21/09/21	Cinema	Face to face
22/09/21	Yoga	Zoom
28/09/21	Social	Face to face
29/09/21	Poverty Alliance: Benefits	Zoom

COVID-19 Vaccination Centres

All young people are now being offered the first dose of the Covid-19 vaccine if you are aged 16-17.

You can book your vaccine here: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

If you or someone you know is concerned about the vaccine please visit the government's website below for accurate information: <https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination/what-to-expect-after-your-covid-19-vaccination>

Or phone the Covid-19 helpline for free: **119**

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

Talking about Mental Health

Talking to others about our mental health

Acknowledging how we feel

What do we need from the other person (reassurance, support, to be listened to)? Try to communicate this at the start of the conversation, that way they know how to help you.

What one word would you use to describe your current emotion? This might be hard to identify at first but try to approach what you are feeling without judgement. No emotion is a bad emotion so try to be honest with yourself and other's about what you are feeling

What is stopping us from talking to others? Are there any thoughts that are stopping you from reaching out? Try writing it down here: _____

Who can I talk to about this? Has anyone expressed any concern or interest in how you are doing? Try reaching out to them and let them know what you need and what you are feeling.

What if I am not ready to talk? Try writing a letter to yourself about what's happening, check in with yourself and write a compassionate letter. Write down what led you to feeling this way, and if you were a friend, what you would want someone to say to you for reassurance?

Listening to a friend

- If you start to notice a change in someone's behaviour and mood try to make some time for them. Ask them: "how are you doing?" and "how are you really doing?". This gives someone space to think about their feelings and express anything they want to.
- Listen without judgement and try not to overreact. Reacting emotionally may cause guilt in the person, meaning that in future they may withdraw.
- Don't downplay any emotions or things they are going through. Try not to use clichés or say "it's just a phase" This may lead people to feel invalidated and as if they are overreacting. Instead try to walk in their shoes.
- Try to encourage them to talk to someone alongside yourself. You can only provide so much support. Encourage them to talk to a trusted adult whilst reassuring them you are still there. If they don't want to talk to a parent - encourage them to talk to a teacher, a personal tutor or a GP.
- Make sure they are aware of crisis and mental health helplines such as the Samaritans, Child Line, NHS 111 etc. Some of these are detailed at the end of this newsletter.
- Make sure you have someone to support you! This one is incredibly important! We can't pour from an empty cup.

Suicide Awareness

When thinking about having a conversation with someone about suicide, think: **ALERT**

Ask: "I have noticed that..." "Are you having thoughts of suicide?"

Listen: Listening and showing you care, try not to interrupt or judge

Encourage: Encourage them to talk to you/others and seek help. Maybe offer to help them look up resources and methods of help

Right Now: Right now is the time to act, to talk, to listen, to keep this person safe.

Tell Someone: Tell someone else. Someone's safety is not solely your responsibility. Make sure to look after yourself, talk to others about how difficult it is. If you fear that this person's life is in danger- do not hesitate in calling an emergency service such as NHS: **999**

Overcoming Stress

Grounding Techniques

Focussing on your senses

Five: Find five things around you that you can see right now. What are the different shapes, patterns and marks on it?

Four: Find four things you can touch or feel around you (try to pick things with different weights/ textures). How are different temperature, weight and texture wise?

Three: Find three things you can hear.

Two: Find two things you can smell. You might need to move to find something but try to find two different smells

One: Find one thing you can taste. Is there more than one taste?

Knowing your capacity

Spoon theory in Mental Health

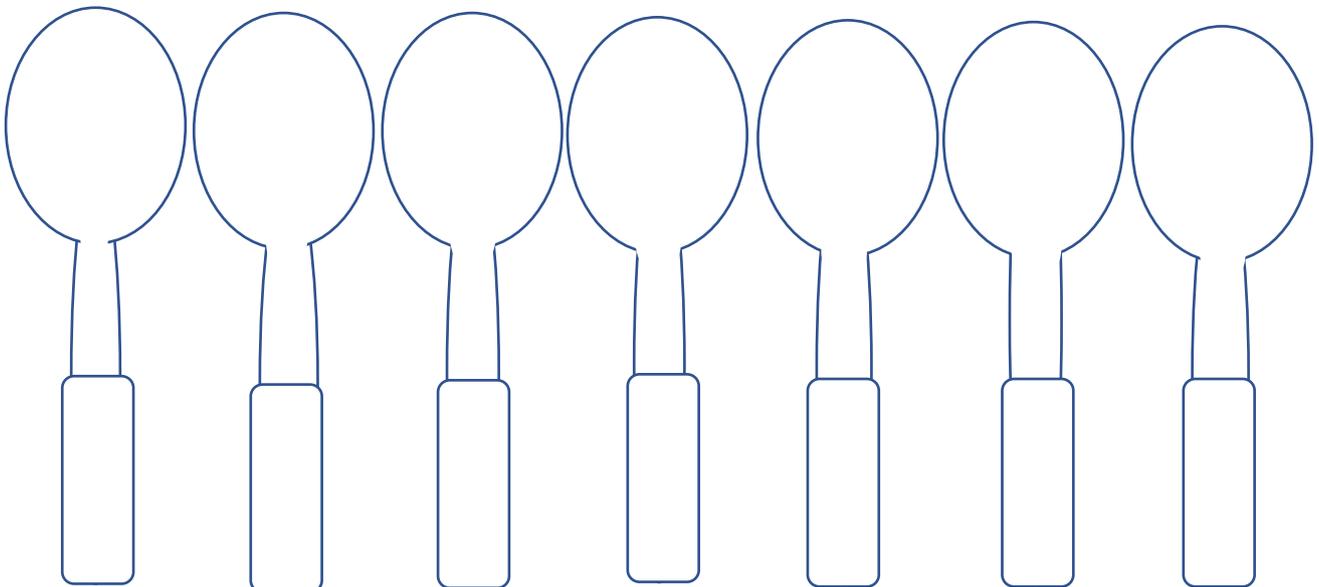
There is an analogy called Spoon theory whereby everyone starts off everyday with a certain number of spoons, for example 7. The spoons in this case refer to your capacity levels. In other words, how much time and energy you have for the day.

Each daily task can use a certain number of spoons, and everyday the number of spoons used per task might change. For example, on Monday you might have 7 spoons at the start of the day and it takes half of one spoon to shower and get dressed for the day. On Tuesday you might use a whole spoon to have a shower and get dressed for the day. On Monday you had higher capacity and more energy to give to your tasks and to other people for the day compared to Tuesday where you only had 6 spoons left.

Your capacity levels are often influenced by your anxiety and mood levels. Maybe socialising with certain people takes up more spoons than socialising with other people. Maybe certain tasks feel more tiresome today. Knowing how much energy you have at the start of the day can help you set realistic goals and tasks. Try to fill out the example below on your capacity levels today:

What tasks do I need to complete today?

How many spoons does each task use? Feel free to colour in the spoons below (try using different colours to represent different tasks) to understand how much capacity you have for other things:



Community Updates for Young People

Dance Connect

Dance connect is a project that has been developed to help people cope with anxiety. These classes are free, online and for those who are 16-24. The project is part of a research study by University College London and Dance Base to understand how dance influences our mental health, particularly anxiety. The programme runs for a total of 8-weeks. For more information visit: <https://www.dancebase.co.uk/participation/danceconnect-1930>

NHS 24 Youth Forum Recruitment

NHS 24 are looking for a diverse range of young people between the ages of 16-26 to gather their views and to encourage their involvement in NHS 24. This will help improving access and awareness of NHS 24 for mental health services. To get involved you can participate in Youth Forums, Public Partnership Forums, campaigns, NHS events and board representation and strategy input. This is an excellent opportunity to note on a C.V. and a great reference for future employment. Travel expenses are reasonably reimbursed. To learn more about the Youth Forum email: youth.forum@nhs24.scot.nhs.uk

Boys and Young Men Project- Survey for Young People

Youthlink Scotland and No Knives Better Lives are conducting research to understand the experience of boys and young men in Scotland. Their research would help provide additional support and interventions for young men across Scotland. If you can, please fill out the questionnaire at: <https://www.youthlinkscotland.org/policy-research/research/boys-and-young-men-project/>

The Bridge Trail

The Bridge Trail is a feasibility clinical trial (RCT) with young people in the general population of Glasgow, exhibiting early symptoms characteristic of Borderline Personality Disorder (BPD). These symptoms include difficulties with relationships, emotional regulation, fear of abandonment and identity. Initial work in this area has indicated that, whilst some were known to services, many young people with persistent complex needs remain hidden to services.

The Bridge Project has now obtained full ethical approval for this trial and are ready to recruit participants. They are looking to engage with **ANY** young person between 14-24 years of age who has ongoing difficulties with **relationships, emotional regulation** and **identity**. They are not looking to screen young people for BPD, but to direct them to the trial team.

If you are interested you can access the information, complete consent and initial screening online by visiting the following website: www.bridgeproject.co.uk .If you have any questions, please do not hesitate to contact a member of the trial team on 0141 201 9239 or email mvls-bridge@glasgow.ac.uk

National Suicide Prevention Leadership Group (NSPLG)

The NSPLG have launched a new youth advisory group for those ages 16-26 who have experience of suicide, self-harm and poor mental health. This group aims to help inform Scotland's Suicide Prevention Action Plan. By joining this group you have the chance to explore these topics through creative modalities, meet new people, gain qualifications and receive self-care resources. For more information on how to join visit: <https://nsplg.medium.com/nsplg-launches-a-new-youth-advisory-group-and-welcomes-applications-from-young-people-who-would-6f79cc722e58>

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



io@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)



111

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