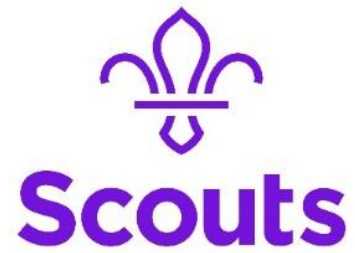


Activity three: take action



Time 12 hours

You will need

Action idea sheets

Before you begin

- Plan when you'll do the actions everyone chose. Everyone should spend at least 12 hours taking action over six months.
- Look out for key dates in the calendar that you could stage actions around, for example, World Mental Health Day on 10 October or Children's Mental Health Week in the first week of February.

Take action

1. Everyone should follow the 'Action ideas' sheet for the action they chose.
2. Everyone should take pictures or write about what they're doing. This way, there'll be plenty to share on social media and local media to help the message spread further.
3. After each action, everyone should think about how they feel it went.
Do they think they made an impact on others? How has taking action impacted them? What did they learn?

Action ideas

Top tips

Make top tips cards that give people ideas about what they could do when they're sad or stressed. Hand them out to your friends and family.

Time

60 minutes (30 minutes making cards, 30 minutes handing cards out)

You will need

Top tips templates
Pens and pencils
Colouring pens and pencils.

Before the session

- Print the 'Top tips templates' sheet on to plain card.
- Cut out each tips card.

Make the cards

1. Everyone should think about things that help them feel happy or relaxed when they're feeling sad or stressed. What tips would they pass on to other people?
2. The person leading the activity should give everyone at least five 'Top tips' cards, as well as some pens and pencils.
3. Everyone should write or draw their top tips on the back of the cards. It's OK if people can only think of a few ideas and some of their cards are the same. People can put more than one tip on a card, they can also make more than five cards if there are enough.

Share the cards

1. Everyone should take their cards home and give them to people. They could give the cards to family, friends, people at school, or people in the community.
2. When they give someone a card, everyone should tell them what they've learned about mental health and why it's important to look after mental wellbeing. They should explain that the card has some tips that people could try when they're feeling sad or stressed, but if the things that they try don't help, people should think about talking to someone they trust.
3. Everyone should suggest that people keep the card somewhere safe. They could even ask if people might want to create their own.

Community mental health first aid kits

Make mental health first aid kits for community centres, schools, and other places young people might go to talk to someone about their wellbeing.

Time

75 minutes (45 minutes making boxes, 30 minutes handing boxes out)

You will need

Old shoe boxes
Plain paper
Colouring pens or pencils,
Stickers
Items to put in the boxes.

Before you begin

- Cover old shoe boxes with plain paper so they can be decorated.

Plan the kits

1. Everyone should think about the things they might find in a regular first aid kit. What if you had a mental first aid kit? What things could it have in to help people who were feeling sad, angry, or stressed?
People may think about toys, books, stress balls, positive messages, cards with top tips on, tissues, fidget toys, colouring books, paper, colouring pencils, playdough.
2. Everyone should split into small groups. The person leading the activity should give each group a shoebox.
3. Each group should talk about how they'd like to decorate their mental health first aid kits. Will they draw, write or put stickers on them?

Make the kits

1. The person leading the activity should give each group colouring pencils and stickers. Each group should decorate their shoebox kit.
2. Once they're decorated, each group should fill their box with the items that people suggested. They should also add details about who young people can talk if they often feel sad or angry, or experience feelings like these for long periods of time.
If you don't have the items yet, everyone could make a list of their item ideas and add the items next time you meet.

Share the kits

1. Everyone should visit local places to hand their kits out.

Poster people

Create posters that tell young people who they can talk to or where they can go if they're feeling sad. Everyone could do this activity on their own in their own time.

Time

90 minutes (45 minutes visiting places, 45 minutes making posters)

You will need

Paper

Colouring pens and pencils.

Think about and visit places

1. Everyone should think about where they could go to talk to someone if they're feeling sad or angry. Is there a specific person or place they could turn to? For example, people could think about a GP, teacher, coach, religious leader, shop keeper or youth worker.
2. In their own time, everyone should visit one of these places and find the person or service they think young people might be able to talk to. They should ask them if it is OK to make them a poster that tells more young people about the help they offer.
People should write down notes so they remember information (and they they can so spell the person or organisation name right!).

Make a poster

1. Everyone should create a poster at home with plenty of information about the person, place, or service they chose. If people don't have the resources to make a poster at home, everyone could do it at the same time during a meeting.
2. Whoever they made their posters, everyone should show the others their posters. What do people like about other people's designs?

Display the poster

1. Everyone should go back and see the person or place they visited. They should give them the poster and ask them to put up somewhere that young people will see it.
If you're also doing the wellbeing walk idea, you could include these places on your route so people can put up their posters on the way.

Wellbeing walk

Go on wellbeing walk to your local GP. Give them a letter that explains why mental health is important and who young people feeling sad or stressed can talk to.

Time

2 hours (60 minutes planning, 60 minutes walking)

You will need

Simple maps of the local area
Colouring pens or pencils
Paper
GP address
GP letter template sheet
Suitable clothing and footwear

Before you begin

- Contact your local GP practice first, to check they're able to accommodate your visit. GPs are often very busy – if they're not open, or if they can't help, you could plan a wellbeing walk around the community and post the letter instead.
- Make a list of key places in the community that people could go to if they needed to talk to someone. Write down their addresses. The places could include schools, places of worship, charities, community centres, libraries, dentists, and pharmacists.
- If anyone has access needs, you may want to mark any unsuitable paths on the map, for example, if one has steps you could cross it out so everyone knows not to use it in their route.

Plan your wellbeing walk

1. Everyone should split into small groups of between three and four people. The person leading the activity should give each group a map and some pens or pencils.
2. Each group should find where their meeting place is on the map and label it.
3. The person leading the activity should give the groups the address of the GP practice they will be walking to. Everyone should find it on their map and label it.
4. Everyone should think about other places they could go to talk to someone if they needed help. They should try finding and labelling these on the map as well.
As they're doing this, everyone should think about how all the different places can help. What would it be like if they didn't know where they were, or weren't sure how to ask for help when they visited?
5. Each group should plan a route starting at their meeting place (or another location) and ending at the GP practice. They should try to pass at least three of the other places they thought about along the way.
6. Everyone should decide together which route to take.
7. Everyone should use the 'GP letter template' sheet to prepare a joint letter to their GP. They should read it together to check that everyone's happy with it.
People could also make a poster about going to the GP for a mental health check, or a banner to carry during their walk. Alternatively, everyone could write their own

letters or draw pictures to explain why mental health is important to them.

8. The person leading the activity should check that the route is accessible for everyone and make any adjustments needed before everyone heads out on their walk.

Go on your wellbeing walk

1. Everyone should set off on their wellbeing walk, following the route they planned to their GP practice (or alternative ending point).
2. Everyone should take lots of pictures, so they have them ready to share to tell even more people about their community impact project.
3. When they reach their GP practice, everyone should give them the letter (and anything else they made, for example, posters). If the practice has agreed to make time and space, people could explain to staff what they've learned about good mental health and why it's important to have people to talk to.

Craft and care

Crafts and other activities can help people when they're feeling sad or angry. Hold a craft and care event for the local community to spread awareness about mental health and wellbeing.

Time

4 hours (2 hours preparing, 2 hours running the event)

Equipment

Paper
Colouring pens and pencils
Craft materials
Scissors
Glue sticks

Before you begin

- Decide if you'll be fundraising at this event. If you are, you might want to set an entry price for the event, take fundraising buckets, or plan to sell things such as fruit, cakes, and drinks. If you're fundraising, choose a mental health organisation to donate the funds to.
- Find out if any local organisations specialising in mental health would like come to your event to give a talk, have a stall, or promote the event.
- Help everyone to decide what crafts you'll offer at the event and prepare instructions and equipment. Ideas include:
 - Tea cup cards: greetings cards with little pockets to put tea bags in.
 - DIY stress balls or slime: de-stressing squeezey balls.
 - Kindness jars: decorated jars containing written positive messages.
 - Cardboard photo frames: decorated photo frames for pictures of things that make you happy.
 - Top tips teller: a chatterbox containing uplifting top tips.

Get ready for your craft and care

1. The person leading the activity should give everyone paper and pens so they can make posters, invites, and decorations (such as bunting) for the craft and care event.
People could work on their own or in groups. You may want to check that enough people are making each thing – there's no point having loads of great decorations if you have no posters or invites to tell people what's happening!
2. Everyone should practise doing the crafts they chose. They'll be helping other people at the event, so it's important that they know how to do them. Having some examples is always useful, too.
3. Everyone should split into groups, so there are enough groups for one to run each craft. The person leading the game may need to help with this.
If you're holding a long event, you might want to plan a time for groups to swap so people don't get bored.
4. Everyone should work together to hand out invites and put up posters in the local community. They should make sure that they have permission first!

Craft and care

1. Everyone should arrive at least 15-30 minutes before the event to help set up and prepare. Decorations such as bunting will help the room look brighter and more welcoming, and it's important to get tables ready with instructions and equipment for each craft.
2. Once everyone's arrived, someone should welcome them to the event. This could be the person leading the activity, but it doesn't have to be. Some people should talk about what they've learned about mental health, where people can get help, why good mental wellbeing is so important, and why people need to look after their mental health, just like they would their physical health.
3. All of the guests should get stuck in to the craft, with plenty of help from everyone taking action.
4. At the end of the event, someone should thank everyone for coming. This is a great time to introduce a speaker from a local organisation to talk about mental health, if someone was available.