

‘SOMEWHERE TO TALK - SOMEONE TO LISTEN’

PROJECT BRIEF

Aim of Project

To enhance Clubs’ support to the mental health and emotional well being of young people who access their services

Guiding principles

Emotional well being and mental health is fundamental to the ability of every young person to remain healthy, achieve, enjoy, participate, and contribute.

Young people’s emotional well being is supported by voluntary youth organisations that provide safe environments where positive relationships can be established.

The project will

- *Profile the emotional needs* presented by young people accessing voluntary youth organisations and explore young peoples’ real life experiences of their ‘journey’ in seeking support
- *Identify current voluntary youth work provision* specific to mental health and emotional well being and highlight ‘effective practice’
- Produce a Resource Directory to *help signposting* to appropriate services for young people who have unmet mental health needs
- Develop *training and support resources* for youth workers to help raise awareness of mental health and emotional well being
- Pilot *innovative models* of ‘service delivery’
- Report on the *value added* to voluntary youth organisations through improved emotional literacy, support and access to services

Outcomes

- *A voluntary youth sector better informed* of mental health and emotional well being
- *Increased understanding* of mental health and emotional well being *by youth workers*
- *Increased profile* for mental health and emotional well being within voluntary youth organisations
- *Improved/facilitation of access for young people* to appropriate mental health services
- *Understanding of the added value* the work of promoting emotional well being can bring to effective voluntary club based provision
- *National recognition* of the role voluntary youth organisations can and do play in supporting mental health and emotional well being

Young Devon is leading the project in collaboration with Clubs for Young People. If you have any queries regarding the project please contact Keith Coulston, Mental Health and Well Being Development Manager, Young Devon on 01822 617222 or email keith.coulston@youngdevon.org