

## Course Descriptor

### **'AYE MIND' Awareness Workshop**

#### **About the course:**

**Aye Mind** is on a mission to improve the mental health and wellbeing of young people – by making better use of the internet, social media and mobile technologies. The project was a joint effort between young people aged 12-21 and staff from the organisations listed below to create and share a wide range of resources. There is also a digital toolkit being developed for all who work with young people, to help boost the ability to promote youth wellbeing.

The project is a partnership between Greater Glasgow and Clyde NHS, Snook, the Mental Health Foundation and Young Scot, with a wide range of local partners involved too.

<http://ayemind.com/>

#### **Learning Outcomes**

By the end of the workshop participants will have:-

- An overview of Aye Mind approach – co-production with young people in action
- A chance to take part in a mental health 'mini image workshop' that can then be used with young people in your project
- Increased awareness of the Aye Mind Digital Toolkit and how this can support youth work
- Increased awareness of the Aye Mind Young Peoples manifesto and an opportunity to consider how this work could be undertaken in your youth setting
- Increased awareness of the local Child and Youth Mental Health Framework (sometimes called the 6 box model)

**Who is it for:** Anyone who works with young people – volunteers and staff

**How long is the workshop:** 2 hours

**Delivered by:** North East Health Improvement Team

**Booking Contact:** [northeastyouth@ggc.scot.nhs.uk](mailto:northeastyouth@ggc.scot.nhs.uk) or tel. 0141 232 0172

**Catering:** Tea and coffee available pre and post workshop