



# Feedback on Top Ten Mental Health Tips

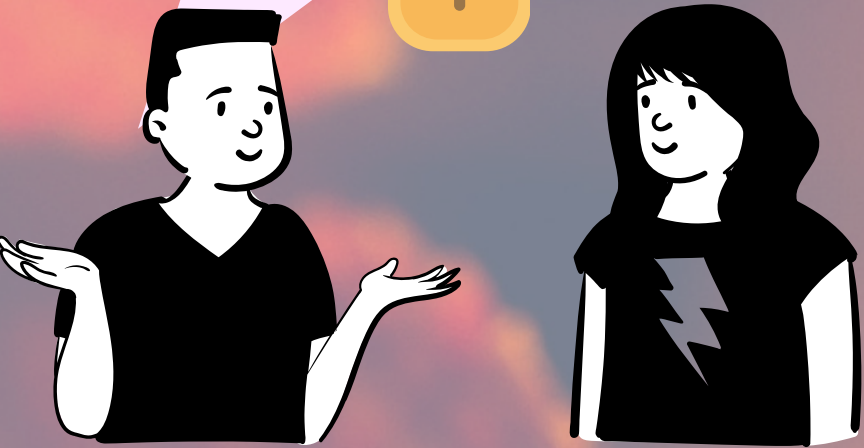
1. Be kind to yourself and others. **Smile** at your friends at school. Always try and **say something nice** to them to brighten up their day too.
2. Try not to watch too much negative TV. Watch **funny programmes** instead to make you **laugh**. It will help make you feel happier.
3. Talk to your **family and friends** if you have any worries. Keep in touch with other relatives with **phone calls, WhatsApp or texts**.
4. It's **okay to feel sad**, stressed and angry during a crisis. Allow time for a mental health break and try to take part in something you enjoy.
5. Eating **regular meals** is really important to help with your **energy levels**. Drink lots of **water** too to help keep the brain active.
6. Eat lots of **fruit and vegetables** throughout the day.
7. Get some **fresh air**. Walking to school is a really good way of **exercising** and meeting up with **friends**. If you can't do that, maybe get off the bus a stop earlier.
8. **Structure** your day with things you can **realistically achieve**. Don't be over ambitious.
9. Get into a **good bedtime routine**. Getting a good night's sleep is a really positive thing.
10. If you're **feeling stressed**, think back to a time you have overcome stress before. What helped then? Can you **use those things again**?

Allow yourself to have a break for your mental health and try to take part in something you enjoy.

Coping strategies are so important

# CONFIDENTIALITY

Download was asked to review two definitions of confidentiality and talk about how confidentiality in CAMHS should work.



1. Confidentiality means keeping information about you private.

2. Sessions are confidential which means that generally we don't have to tell other people what you say. Sometimes, if we feel you are not safe or someone might get hurt, we do need to talk to other adults like your parents or other people who work with you, such as social workers. If we need to talk to other adults we will tell you first and, if possible, agree with you what we can say.

"The first definition leaves things out (namely safeguarding) and makes no distinction between confidentiality and privacy".

Some participants had experienced a break in confidentiality and some had felt professionals had been given information they should have shared but didn't.

Confidentiality should not only be mentioned in the first session.

But it can be hard to get the balance right and not overwhelm people by mentioning it at every session.

There should be a clear distinction between what is required to share (e.g. safeguarding issues) and things that feel more like gossiping.

The first session is the worst session to bombard a young person with information, even if it's required.

Young people are already anxious and overloaded and just want to feel comfortable.

**Confidentiality messages can get in the way of trust and ability to open up.**

Young people wanted staff to understand how difficult it is to tell secrets and painful experiences that may never have been spoken about before and to think carefully how confidentiality rules are brought into this conversation so as not to impact on the fragile trust.

It's not clear on what kinds of information are shared between professionals. Professionals may share info in order to find alternative solutions/check their thinking etc.

Send a nice card or letter.

Send a recap and then ask them to suggest discussion topics/games etc.

Send our EOV's and ask them to send theirs back to us.

How to reach out and include Download members who are unable to join in online

Send a picture of a cheese toastie/ collection of toastie images from each of us.



Send drawings by members and a letter. Let them know how everyone is doing and what we are doing.

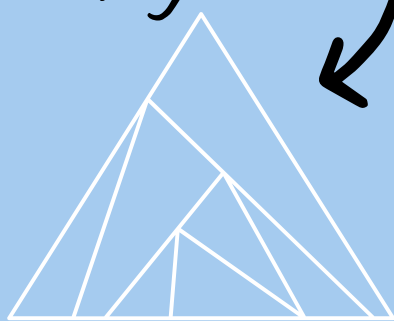
Send them the conceptboard and invite them to join in there either when Download is on or at another time.

Geometric doodle

## Coping Strategies

Write down positive things that have happened today

Do something that only takes 5-10mins. Little chunks!



Goals to look forward to.



Spotify playlist of favourite tracks.



Some suggestions to get you started.

## Ideas corner "Jar of Woe"

Each week we take a bit of paper and write down our woes. We fold this up and put it in the jar and then hide that jar until the next week. When we are allowed face to face again we will all bring our jars and burn the collective woes together. Or you if you can safely burn the woes at home you could do this yourself every so often.



You could also have a jar of things to do out of lockdown or things that make you feel better

# HELPING YP ATTEND ONLINE SESSIONS

It might be helpful for many young people to have their cameras off, it could represent a safeguarding issue if they can't see them so there would need to be a way to combat this without going against a young person's wishes

Offer an introductory 1:1 session online to overcome tech issues and get to know each other.

It would be good if you could use an avatar or emoji instead of your name to show something of your mood and thoughts when you don't feel able to share your webcam.

I think being relaxed about cameras is important, knowing I'm able to turn it off whenever I want without being judged, really helps me to have it on.

Consider offering a check in 1:1 at the end of the sessions.

Skills based groups may be easier online than other therapy groups.

Some young people may not feel comfortable doing online therapy online. Young people wanted to know whether there were any alternatives to this.

Group size needs to be smaller online than you would have face to face. 6 already feels a bit big.

Cameras being on depends on the context. If something is strictly confidential, then maybe cameras could be off. In a formal meeting though, people should have a choice to turn on/off the cameras and not feel judged behind it all.