

HELPING WITH IMPLEMENTATION

If children and young people have moderate mental health, it can be a useful time to **develop and implement strategies** that will help them feel mentally well. When we are in crisis, it is often too late to develop the strategies we desperately need to support us. When our mental health is great, it can be difficult to access the thoughts and feelings we need to develop tools and strategies that are really useful. Think about **how children like to communicate about their mental health** and understand how this may evolve as they become more or less well. Make sure you **help children understand the importance of their mental health** and the thoughts, feelings and behaviours that may indicate that their mental health is becoming more difficult to manage. Ensure children have a good understanding of **who they can contact** and how should their mental health become immediately challenging or problematic.

DEVELOPING GOOD HABITS

It is in this stage that children and young people are most able to develop **good mental health habits**. You can work with them to develop **mental health exercise programmes** that suit their needs and support their emotional well being. It can be useful to make a **mental health recipe book** - full of things that help any individual feel well - calm, relaxed, happy, brave etc. Work with your children and young people to think about what would be involved in each recipe. Other **good habits** may include journalling, and practicing mindfulness. It can be helpful to understand children's **communication preferences** when they are finding things difficult.

GREAT RESOURCES

- You are Awesome:** Book and journal by Matthew Syed. www.youareawesomebook.co.uk
- My Strong Mind:** Book focused on how we develop good mental health. Buy from [Amazon](#)
- Tams Journey:** Neuroeducation books written by Amanda Peddle. [Shop here](#)
- My Monster & Me:** Anxiety tools for children by Nadiya Hussain. [Buy here](#)
- Kooth:** A mental health community for children and young people
- My Hidden Chimp:** Understand and manage thoughts. Buy from [Amazon](#).



SUPPORTING IMPLEMENTATION