

Mental Health Wall

- Aim:** To give participants a place to explore mental health issues and discuss what keeps them mentally healthy.
- Outcome:** Young carers will be more aware of their emotions and start to look at places they can go to for support.
- Materials:** Brick shape pieces of paper in brown or orange colour; brightly coloured pieces of paper to represent mortar; pens; pencils
- Time:** 30 – 60 minutes, but can be done over several weeks.



Activity:

- Ask participants to write or draw on the brick shaped pieces of paper things which concern them about their mental health and wellbeing; this could be a description of how they are feeling, or have felt in the past, any worries or anxieties they may have
- You can encourage this by focusing on a particular issue such as worrying about school work, and get participants to write or draw all their feelings about this
- Take time and discuss these with participants as they are writing or drawing ensuring that you help those who may find it hard to put into words how they are feeling
- Once they have finished ask participants to start to assemble the wall on a large sheet of paper, remembering to keep spaces for the mortar.
- Discuss with group some of the things displayed
- Using the brightly coloured mortar pieces of paper ask participants to think of places where they could get help to deal with their problems, or people they could talk to, or actions they could take to deal with how they are feeling, or what things do they do at present to stay mentally healthy
- Place these pieces of paper in between the bricks. These represent the mortar which holds the wall together
- Explain to participants that these are the things in life which we need to do in order to stay mentally healthy and that they will be different for each of us
- End session by listing the variety of things people could do to look after their mental health and discuss.

Facilitator Note

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