

## Mental Health Young Carers (GAMH)

The Young Carers Project is a citywide service for **12-21yr olds living with a family member with a mental health problem**. The project promotes GIRFEC through a range of activities and interventions.



**Group Work Support:** Majority of the support is group based to build confidence and resilience in a safe and supportive environment. Groups offer peer support and sessions can range from physical activity, creative arts, health & wellbeing workshops.

**Employability and Life Chance Initiative:** The aim is to promote positive destinations. 16+ are supported by our resident careers advisor to identify aspirations and skills needed in work, further education & training using Work Star.

**Peer Mentoring:** This initiative and training has been adapted from the Mental Health Foundation Re-Connect Project. Fully trained volunteers with 'lived caring experience' of caring for someone with a mental health problem will support young carers (16+) out with group settings in a socially meaningful and person centred way.

**Family Based Interventions:** we deliver parenting programmes such as Mellow Parenting, Scottish Mental Health First Aid (Adult & Young Persons version and Intergenerational Initiatives. Mindfulness is delivered by our GAMH 'My Time' Health & Wellbeing Initiative.

**Season for Growth Programme:** This programme aims to promote emotional wellbeing using the seasons as a metaphor to discuss grief, loss and separation. The programme is delivered to young carers, parents and family members.

**Time limited 1-1 support:** This is available as and when required. We will work in partnership with families and relevant services to alleviate any issues that are affecting young person's wellbeing.

### **Mental Health Young Carers**

Children whose parents have mental health problems are three times more likely to develop mental health problems themselves. Parental mental illness can be associated with chaotic family life all of which can influence family functioning and behaviours. With increasing emphasis on the management of psychiatric care within the community more young people are living at home with their mentally ill parent, often during acute phases providing both instrumental and emotional support. When this type of adversity is prolonged, frequent and unpredictable it can have damaging effects on a child's wellbeing and psychological well-being.

### **Glasgow Association for Mental Health**

The project sits within and is supported by GAMH which has been providing mental health services to the people and the communities of Glasgow for 40 years. The organisation has amassed a wealth of knowledge on recovery, strength based practise and solution focused outcomes. Visit us on [www.gamh.org.uk](http://www.gamh.org.uk)

### **How this project can help:**

A nurturing environment out with the school setting can improve confidence, self esteem, engagement, attainment, social and emotional wellbeing. Positive social networks, groups and activities are associated with better wellbeing outcomes as children and young people are more likely to thrive and reach their full potential.

We use the Glasgow Motivational and Wellbeing Profile (GMWP) which has been developed by Glasgow Educational Psychology to help us monitor outcomes.

### **For further information or referral form:**

GAMH Young Carers on 0141 425 4850 or email [r.ali@gamh.org.uk](mailto:r.ali@gamh.org.uk)

