

Let's talk about Mental Health

Who was involved:

A project commissioned by Sefton in Mind and M-Ric (Mental Health Research for Innovation Centre).

Activities devised and delivered by Collective Encounters an arts charity specialising in Theatre for Social Change with Netherton Park Neighbourhood Centre a building-based charity, which aims to bring the community together as one.

What was involved:

Creative workshops were delivered in two phases

Phase one: Explored what questions should we ask to get people talking about mental health. The community said:

"Ask us what's going on in our heads" (8 -11 year olds group).

"Ask us what it is we are not telling you" (12-18 year olds group)

"Ask us what's bothering us". (18+ group)

Phase two: The community trialled a number of creative exercises and games, which focused on answering the questions above. The community fed back and selected their four favourite activities.

This pamphlet for you and your community groups an opportunity to play them too.

All you have to do is scan the QR code to download printable resources, follow the instructions and enjoy.



Easy to use guide and resources available to download for FREE HERE!

collective-encounters.org.uk/lets-talk-mental-health/

Let's Talk About Mental Health.

What's bothering you?

What's going on in your head?

What is it you are not telling me?

Games and resources to help you to have meaningful conversations about mental health with people of all ages in your community.

"I am amazed by the openness and trust built up in these sessions and how these creative exercises help people to find their voice."

Netherton Park Neighbourhood Centre manager



COLLECTIVE ENCOUNTERS



Mental Health Research for Innovation Centre



Netherton Park
Neighbourhood Centre

www.collective-encounters.org.uk