

Evidence based: In line with best practice, participants were asked to fill in a questionnaire before and after taking part in the programme.

Mind Yourself has been evaluated and has been shown to be effective in increasing young people's emotional resilience, problem-solving skills, self esteem and in reducing depressive feelings.

What Young People Had To Say:

*"We got to talk about things that bothered us"*

*"Opening up to our problems"*

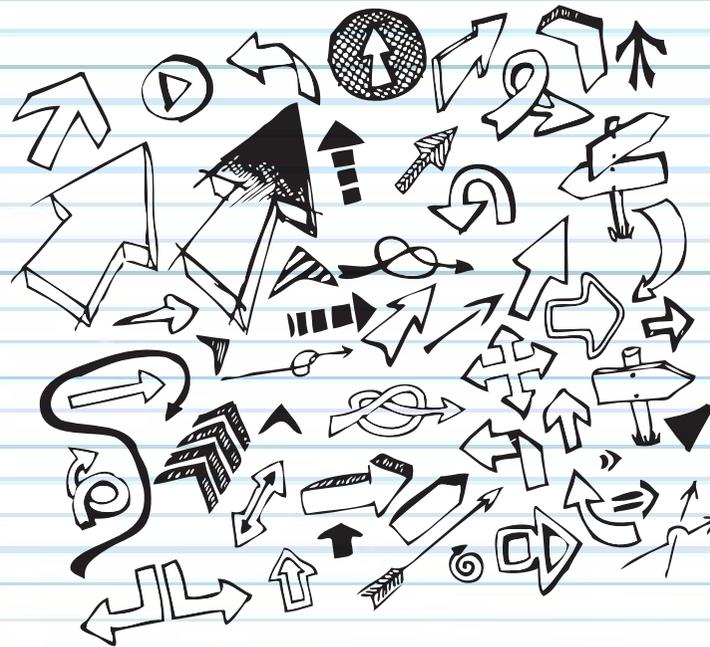
*"Group activities and the opportunity to share thoughts and feelings"*

*"I liked the way the speakers were down to earth and really genuine so I could trust them"*

*"Learning how to deal with problems and finding out different solutions to problems"*

*"I like the confidentiality in the sessions"*

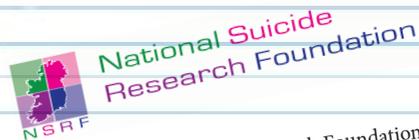
*"The way that you can speak with an open mind about the topics"*



The Mind Yourself programme will be delivered by two experienced facilitators.

Jacklyn McCarthy and Caroline Daly have a background in Public Health, specialising in the area of Health Promotion. Both have worked on school based projects at an Irish and European level.

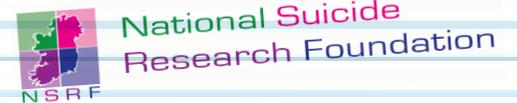
Mind Yourself was developed by Dr Paul Gaffney. Supervision for the programme is provided by Professor Ella Arensman.



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*Mind*  
yourself :-)

An Evidence Based  
Brief Problem-solving  
Intervention Programme  
for Young People



# Elements of Mind Yourself



A holistic **life-skills approach** encompassing coping and problem-solving skills

A **strengths-based approach**, which focuses on hope, optimism and is solution-focused

A **whole population approach** to working with young people. This way, those who are more "at risk" but may never come into contact with services can be reached

A **community-based approach** that involves consulting young people on their needs

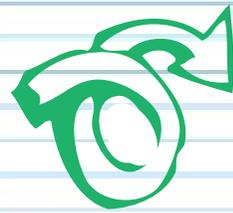
A grounding in skills development to enhance **problem-solving, optimism and resilience**

The **provision of information** and useful take home resources on services available to young people

An **evaluation** will be attached to the programme for each school



WHAT'S HAPPENING?

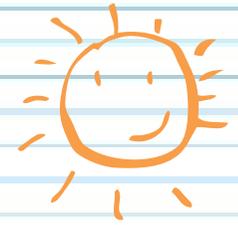
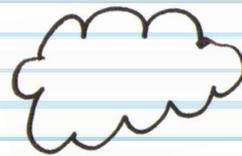


# Programme content

The programme includes information on:

- The problems young people face
- Coping strategies
- Optimism and pessimism
- Thoughts and feelings
- Group work to illustrate the potentially positive effect of optimistic thought on our feelings
- Discussion of two topics chosen by young people
- All participants will receive a Mind Yourself resource kit

What's Going On?



# Programme Details

Mind Yourself is in line with Reach Out: National Strategy for Action on Suicide Prevention, 2005-2014 and the Guidelines for Mental Health Promotion and Suicide Prevention, 2013. Mind Yourself has been approved by the Clinical Research Ethics Committee at UCC.

- The programme runs over two weeks
- Maximum of 15 students per group
- Week 1: Double class period followed by a 30 minute after session\*
- Week 2: Double class period followed by a 30 minute after session\*
- A separate room is required for the 30 minute after session

\*After session: Facilitators remain in a designated room within the school for 30 minutes after each session. This allows participants to talk to the facilitators on a one to one basis.

