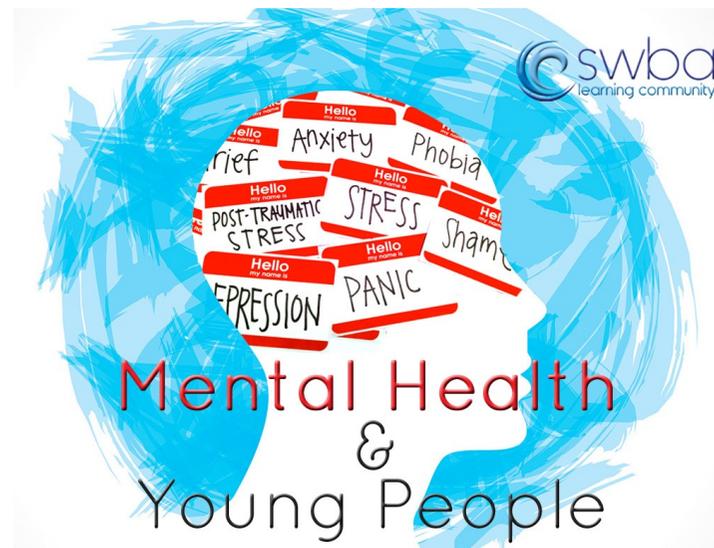


Mental Health & Young People

*Supporting children & young people's
mental wellbeing in the church,
home and community*



A Study Day organised by South West Baptist Association

Saturday 30 March 2019

10am to 3pm (registration & refreshments from 9.30am)

South Street Baptist Church, Exeter EX1 1JA

Speakers: Matt Merriam & Dawn Holmes

COST £15 Booking essential—see inside or book online

<https://swbaptists.org.uk/event/mental-health-young-people-day/>

A report released by NHS Digital in November 2018 showed that one in eight (12.8%) of children and young people aged 5-19 has a diagnosable mental health condition. Some of those children and young people belong to our churches.



What can we do to help? In our families, communities and churches we are well placed to create places of understanding and support for children and young people and their carers. The aim of this Study Day is to equip us to offer appropriate support.

The day is open to all: church leaders, youth workers, parents, pastoral care teams, anyone concerned to support good mental health in our young people.

SPEAKER & SEMINAR LEADERS

Matt Merriam has spent over a decade supporting individuals with mental illness through his work as a church planter and leader in Yeovil. For the last six years he has also worked with South West Youth Ministries.



Dawn Holmes is author of 'Freed from Shame' which includes information about mental health, stories from people living with mental illness and lots of practical tips on how individuals and churches can help.



THE PROGRAMME

Session 1 Getting our foundations right Understanding where stress and anxiety come from, how we can equip children and young people to manage them well and how churches and youth groups can offer support.

Session 2 Going deeper A choice of seminar streams where we look at and discuss issues in more depth. *When booking please choose TWO of these four streams.*

- 1a) Eating disorders How can we best support children and young people with eating disorders? Where to find good help. How to support parents and carers.
- 1b) The impact of trauma Looking at the effect adverse life experiences may have on children and how to support them and their carers well.
- 2a) Positive mental health How to help children and young people develop healthy emotional well being; developing their natural strengths to build resilience.

2b) Self harm and suicidal thoughts Rates of self-harm and reports of suicidal thoughts continue to rise. How can we recognise what is happening and react well?

Session 3 Equipped to help How churches can create safe spaces for children and young people; top 10 Dos and Don'ts and information about sources of help and resources.

Session 4 Question time



MENTAL HEALTH & YOUNG PEOPLE



BOOKING FORM

Please complete all details on this form, detach this page and return it with payment of £15 per person to Kathy Browne, SWBA, 36-38 Wonford Street, Exeter EX2 5DL by Mon 18 March. **Places are limited** and will be allocated on a 'first come first served' basis. Please make cheques payable to 'South West Baptist Association'.

YOUR NAME

EMAIL ADDRESS

PHONE NUMBER

YOUR CHURCH if applicable

If you wish to book more than one place, please list the names of others in your group + their seminar choices on the back of the form and send full payment for everyone in your group.

CHOICE OF SEMINARS *Please tick ONE seminar in each section*

- 1a) Eating disorders OR 1b) Impact of trauma
- 2a) Positive mental health OR 2b) Self harm and suicidal thoughts

ADDITIONAL NEEDS If you have any additional needs, e.g. access, hearing, visual, please give details overleaf.

Any queries, please email: kathy@swbaptists.org.uk or phone 01392 433533.

Details about the day are on the 'Events' page of our website: www.swbaptists.org.uk