

YCW & IMPACT NATIONAL CAMPAIGN 2018



Young People and Mental Health

AWARE - SHARE - CARE

MIND! The Gap Campaign

Members of both YCW and Impact groups have expressed their deep concerns about the current help available to young people with mental health problems as well as the stigma attached to mental health problems specifically in schools and colleges and work places.

At this point of the campaign we want to look at this issue much more deeply and find out the opinions and experiences of our friends and colleagues.

We hope you enjoy the first stage of the campaign and we look forward to hearing and sharing the results of the enquiries and questionnaires. Please remember to send back all your results to YCW HQ through email or post. The more experiences we hear from you, the more fruitful we will all find the next stages of our campaign.

YCW
*The Difference
is You*

Impact!

What is an action campaign?

An action campaign brings together all members of YCW and Impact! to address a topic of current interest and relevance to the lives of young people. It is a process of study, reflection and action which helps us to realise that we have a great deal to offer to others and power within us to change things for the better.

An Action Campaign is carried out on a national basis so that we can as a Movement join together, along with our friends and contacts, to make a difference on a wider scale.

The campaign follows the See – Judge – Act approach which every YCW and Impact group uses at their regular meetings, just on a wider scale.

The first stage is the SEE. This resource will help us find out much more about our chosen campaign topic “MIND! The Gap” which begins from a candid look at the mental well-being of young people and the support available to them.

How to use the Campaign

The group President and Chaplain should meet to look at this material and prepare to present it to the group. A local YCW leader may also be available to help with this.

In this pack you should have:

- Introduction to the Campaign;
 - General Enquiry;
 - Causes Enquiry;
 - Help & Support Enquiry.
 - Work Enquiry
1. Read out or present the explanation of the Campaign.
 2. Look at the material and discuss your participation.
 3. Decide who will prepare and lead the enquiries.
 4. During a meeting:
 - Each answer the introductory questions on your situation.
 - Follow the enquiries (IF it takes more than one meeting to complete an enquiry this is ok, be flexible).
 - Say the campaign prayer.
 5. After two or three meetings, study the questionnaire together and decide whom you can approach to fill it in. Talk to your friends, colleagues and people in your parish. Don't just give it out if possible. Try and ask the questions personally and explain what you are doing (for YCW).
 6. Make a report of what you have discovered through the Enquiries. Send this to YCW HQ.

MIND! The Gap

Prayer

Father in heaven, you created each of us in your image and likeness and gave us life to be lived in happiness and love.

Amidst the anxiety, fear and insecurity we often feel in today's world you offer us peace and hope in Jesus Christ your Son. May his gift of the Holy Spirit fill our deeper selves with appreciation of our God – given dignity and teach us confidence in our true worth as your sons and daughters. Help us to identify and understand the things that threaten our well being of mind and body, and to have a balanced and healthy life style. May our action bring greater support to those who suffer from mental disturbance of any kind and may the difference we make raise standards of care for all those in need. Lord keep us in mind and bridge the gap in our plans and resources. We make our prayer through Jesus Christ Our Lord. Amen

Mary Queen of Apostles, Pray for us.

St Therese of Lisieux, Pray for us.

St Joseph the Worker, Pray for us.

4CW
*The Difference
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Impact!

General Enquiry

- **What is your understanding of Mental Health? What is it all about?**
- **Have you experienced it yourself ? Or through friends or family?**
- **Have you ever felt pressure, anxiety? Have you ever felt low or depressed?**
- **Do you feel you can talk to friends about how you feel?**
- **Does someone listen to you?**
- **How have you seen mental health portrayed? (Through the media, celebrities, soaps)**

- **Want to tell us more:**

Causes Enquiry

- **What causes you to feel:**
 - **Anxious**
 - **Low**
 - **Sad**
 - **Unhappy**
 - **Worried**
- **What in today's world causes you to feel:**
 - **Anxious**
 - **Low**
 - **Sad**
 - **Unhappy**
 - **Worried**
- **Do you compare yourself to others?
(Friends, celebrities)**
- **What has an effect on your mental health?
(Good or Bad)**
- **Want to tell us more:**

Help & Support Enquiry

- Do you know who you could talk to?
- How do you cope with feeling stressed or anxious?
- Have you accessed any support?
- Do you know what support is available ? What can you access?

- Want to tell us more:

Work Enquiry

- **Would you call in for a day of sickness for mental health?**
- **Do you feel you could speak to colleagues?**
- **Are staff trained about mental health?**
- **Do you get advice from work about physical and mental health?**
- **Are there any well being or good mental health initiatives in place?**
- **What in work effects your mental health (Good or Bad?)**
- **What is your job? Is it full or part time? Employed or Self Employed? Permanent or Temporary? Do you have a legal contract?**
- **What kind of job is it? What are your duties? Describe a day in your life at work.**
- **How did you get your job? How did it feel when you were accepted?**
- **Were you trained/Are you being trained for your job? Training in school? University? A short course? Your work place?**
- **Want to tell us more:**



Once you've completed this resource in your local groups remember to compile your results and send your findings and any photos of your group to YCW HQ

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