

# Positive Mental Health Resources



These resources have been developed by young people from the CAMHS Participation Team, supported by Gill Welsh, CAMHS Participation Lead, in collaboration with Kate Murphy, PSHE Lead for B&NES and with contributions from over 100 young people and staff from the following organisations:-

- B&NES Youth Forum
- Chew Valley Mental Health Awareness Team
- Project 28
- SPACE at Off The Record (LGBT+ Group)
- B&NES Senior In-Care Council
- B&NES Young Parliament 2016 Delegates
- B&NES CAMHS
- Jenny Drew, Comic Artist

Many other young people and staff in schools and other settings have suggested and trialled activities, all of which have been informed by the recent Health and wellbeing (SHEU) survey, the Youth Forum survey and the Young Parliament. At least 4000 young people have been involved in this way.

We would like to thank the following organisations for their financial support and / or encouragement in putting this pack together:-

- B&NES Director of Public Health Award
- B&NES Local Authority
- B&NES Clinical Commissioning Group
- Oxford Health NHS Foundation Trust
- B&NES Secondary and Special Schools

These materials can be found electronically at:-

<http://www.directorofpublichealthaward.org.uk/content/resources>

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