



To download your own copy of the Mental Health First Aid Kit Poster and Booklet visit:

<http://www.chilypep.org.uk/resources-reports>

Chilypep's OASIS group are a group of young people trained to be **Young Commissioners for Mental Health Services in Barnsley** under the Local Area Transformation Plan.

Chilypep consulted with over **900** young people in Barnsley. Young people spoke about pressure to achieve, social pressures, and educational pressures such as exams. Young people also felt wider societal pressures on them to conform to media stereotypes which have a negative impact on their mental health, as well as uncertainty in terms of their futures, peer pressure and discrimination.

The OASIS group felt that, whilst it might not be possible to eliminate all the pressures young people face, we could support young people to develop coping mechanisms and self-help strategies, and this is just what the **Mental Health First Aid Kit** is designed to do. We hope that by supporting young people to develop coping strategies to counteract the pressures they face daily, we can help to prevent these from having a negative and lasting impact on their mental health.

The consultation findings informed the 'Our voice Matters' Manifesto created by OASIS. Watch the manifesto film here; <https://youtu.be/LbPKi8pFme0>

The Mental Health First Aid Kit was Launched on World Mental Health Day October 10<sup>th</sup>, 2017; <http://www.chilypep.org.uk/news/2017/10/>

Watch the Chilypep Youth Mental Health First Aid Kit launch film here; <https://youtu.be/doVKUuDWiwk>

*"My highlight has been working on the Mental Health First Aid Kit and other projects and being really proud of the end results" OASIS Member*

'Parity of esteem'  
Valuing mental health equally with physical health



PROMOTE POSITIVE MENTAL HEALTH COPING MECHANISMS AND STRATEGIES AMONGST YOUNG PEOPLE!

**GOT YOUR ATTENTION?**

WHAT CAN THE MENTAL HEALTH FIRST AID KIT INCLUDE?



The Mental Health First Aid Kit boxes and resource booklets have been provided to all secondary schools in Barnsley. The project has gained National Recognition due to promotion on social media. The group were awarded the Highly Commended award in the Innovator of the Year category at the first **Children and Young People's Positive Practice in Mental Health Awards 2017**.

<http://positivepracticemh.com/cypmh-awards-2018>



**Celebrating 70 Years of Progress in Mental Health across the North of England**

**Barnsley Clinical Commissioning Group**