

# Emotional Well-being: Group Work

TARGETED



Growing up in today's world is difficult and young people are facing more pressures than ever before. Maintaining emotional and mental well-being is critical to young people's development and ability to learn yet so many different issues and circumstances may create difficulties for them. The InfoBuzz team are skilled and experienced in supporting troubled young people and can offer a range of programmes to help young people cope with the pressures they are under.

<b>Target Group</b>	Age 11-21, Mixed or single gender groups
<b>Group Size</b>	Up to 12 for focussed programme work, up to 30 for general awareness sessions.
<b>Outcomes</b>	<p>Dependent on identified need, outcomes may include:</p> <ul style="list-style-type: none"> <li>• Increased emotional resilience</li> <li>• Knowledge of a range of coping strategies</li> <li>• Increased self-awareness</li> <li>• Increased understanding of specific issues (for example depression, self-harm, anxiety)</li> <li>• Increased awareness of support services and how to access them</li> </ul>
<b>Format</b>	<p>The methodology will vary but will be designed with due regard for the needs of the group and the sensitivity of the issues. All sessions are interactive and designed to create a safe environment where difficult issues may be discussed. Examples of programmes include:</p> <ul style="list-style-type: none"> <li>• Whole class workshop on supporting each other</li> <li>• Awareness sessions on bereavement, self harm, suicidal feelings, depression (particularly apt where a group have been troubled by incidents among their peers)</li> <li>• A series of sessions for smaller groups of vulnerable young people to build resilience and coping strategies.</li> <li>• Activity days for small groups to build confidence and self-esteem where young people have been emotionally debilitated by outside factors in their lives.</li> </ul>
<b>Duration/time</b>	To be negotiated, dependent on need.
<b>Required environment</b>	To be negotiated, dependent on need.
<b>Evaluation Method</b>	<p>Strengths and difficulties questionnaires            Distance travelled questionnaires            Interviews with young people            Observations from other agencies' key workers</p>

The InfoBuzz team are always aware of young people's needs and enjoy strong relationships with other agencies so that referrals can be easily facilitated when a young person needs more specialist support.

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