Work4Psy

An innovative model for career counselling services to mental health NEETs

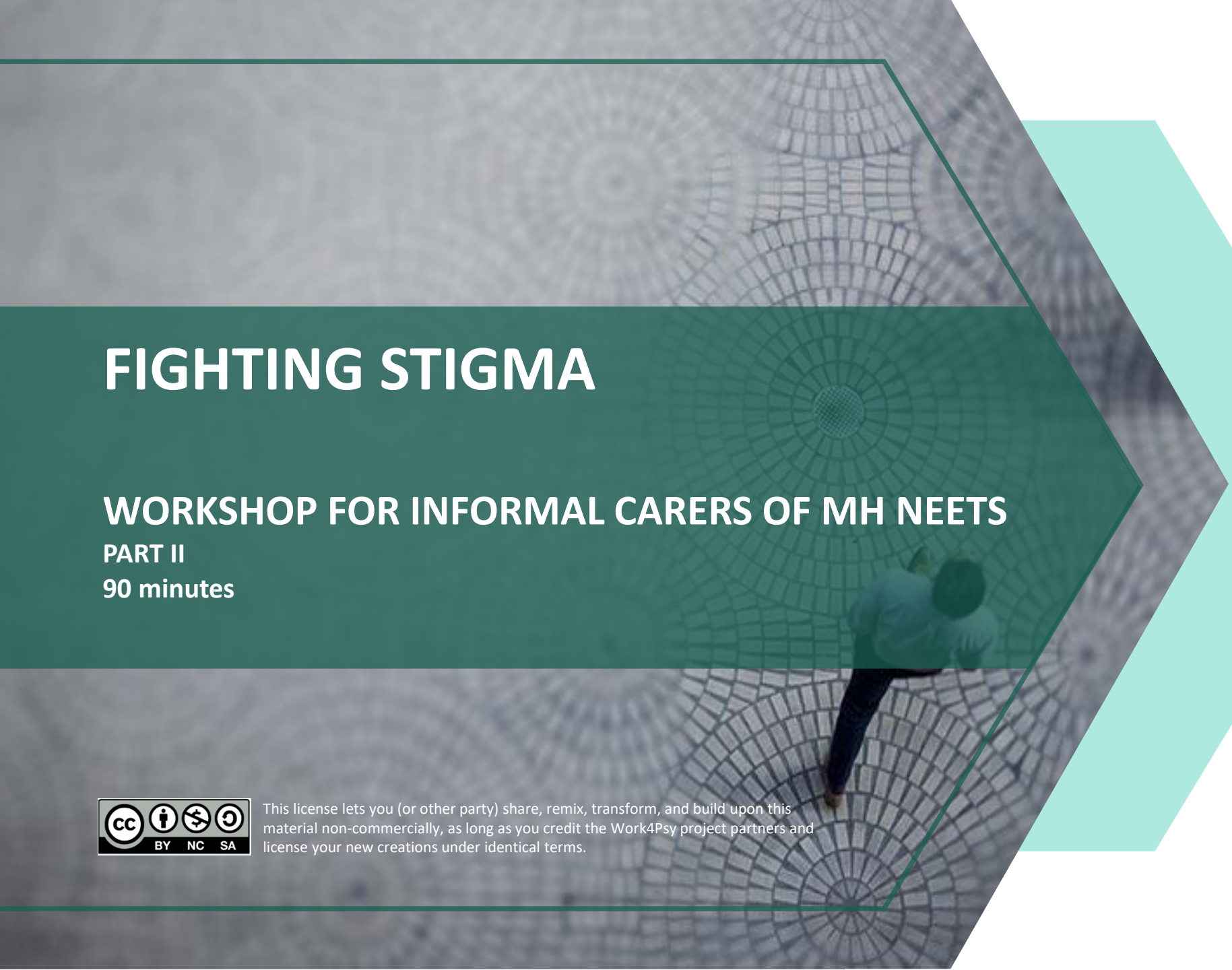
work4psy.eu

FIGHTING STIGMA

WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART II

90 minutes



Co-funded by the Erasmus+ Programme of the European Union

AGENDA

Practice, practice, practice…

1. DISCUSSION – 15 minutes
2. GRATITUDE JOURNAL – activity – 15 minutes;
3. SELF-ESTEEM JOURNAL – 15 minutes
4. POSTIVE NOTEBOOK– 20 minutes
5. WHO SUPPORTS YOU IN YOUR NETWORK? – 15 minutes
6. SUMMARY – 10 minutes

Work4Psy
An innovative model for career counselling services to mental health NEETs

HOW CAN WE SUPPORT LOVED ONES TO COMBAT STIGMA AND SELF-STIGMA?

DISCUSSION

Co-funded by the Erasmus+ Programme of the European Union

WHAT MIGHT BE HELPFUL FOR YOU TO DEAL WITH THE STIGMA OF YOUR CHILDREN?

DISCUSSION

Co-funded by the Erasmus+ Programme of the European Union

MAKE THEM FEEL BETTER ABOUT THEMSELVES

USE TOOLKIT

Work4Psy
An innovative model for career counselling services to mental health NEETs

work4psy.eu

Co-funded by the Erasmus+ Programme of the European Union

TOOL AND ACTIVITIES TO OVERCOME STIGMA AND SELFSTIGMA

GRATITUDE JOURNAL

AIM OF THE ACTIVITY

DESCRIPTION

Now try to prepare your Gratitude Journal for the last week!

Co-funded by the Erasmus+ Programme of the European Union

TOOL AND ACTIVITIES TO OVERCOME STIGMA AND SELFSTIGMA

GRATITUDE JOURNAL

DISCUSSION

Co-funded by the Erasmus+ Programme of the European Union

TOOL AND ACTIVITIES TO OVERCOME STIGMA AND SELFSTIGMA

SELF-ESTEEM JOURNAL

AIM OF THE ACTIVITY

DESCRIPTION

Do you think it would be helpful?

Do you think it would be possible to encourage your children to lead their Self-Estemm Journal?

Self-Esteem Journal

MON.	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
TUE.	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
WED.	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
THUR.	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
FRI.	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
SAT.	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN.	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

Provided by **TherapistAid.com**

Work4Psy

An innovative model for career counselling services to mental health NEETs

work4psy.eu

Co-funded by the Erasmus+ Programme of the European Union

TOOL AND ACTIVITIES TO OVERCOME STIGMA AND SELFSTIGMA

POSITIVE NOTEBOOK

AIM OF THE ACTIVITY

DESCRIPTION

Now, prepare a positive notebook about your child. In the first column, write his/her daily responsibilities (the ones he/she carries out). In the second column, the qualities and skills that make it possible.

The list of my daily duties	My good qualities enabling me to achieve them

Work4Psy
An innovative model for career counselling services to mental health NEETs
work4psy.eu

Co-funded by the Erasmus+ Programme of the European Union

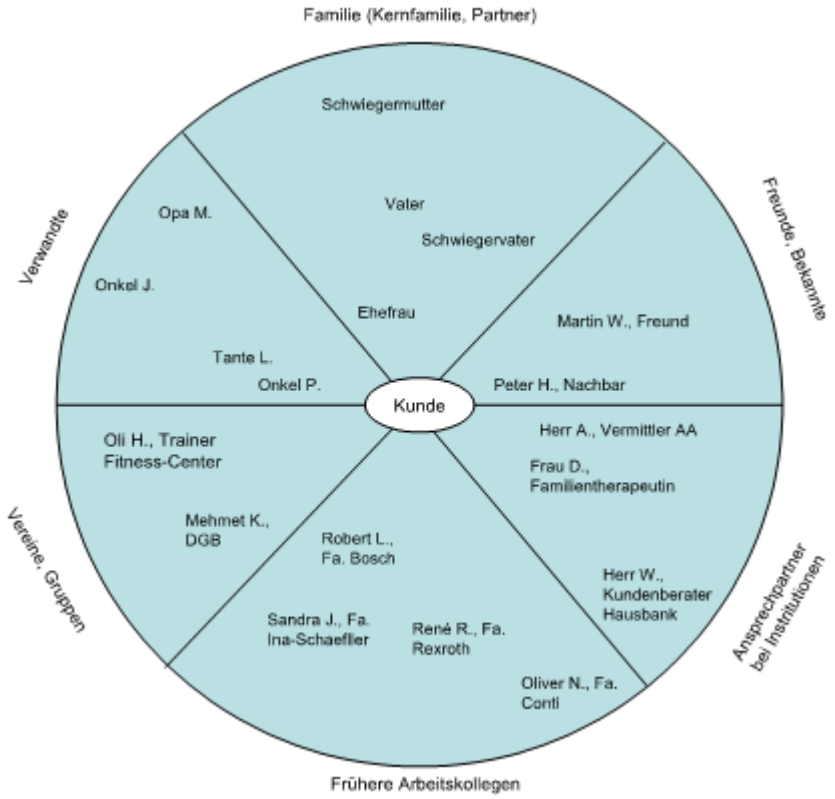
TOOL AND ACTIVITIES TO OVERCOME STIGMA AND SELFSTIGMA

WHO SUPPORTS YOU IN YOUR NETWORK?

AIM OF THE ACTIVITY

DESCRIPTION

Exercise in pairs.



Work4Psy
An innovative model for career counselling services to mental health NEETs
work4psy.eu

Co-funded by the Erasmus+ Programme of the European Union

SUMMARY

THANK YOU!