

# HEALING PROCESS

## WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART II

90 minutes



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# AGENDA

1. Discussion - 15 min
2. Activity 'My World Triangle' - 30 min
3. Activity 'Create My Own Superheroes team' - 15 min
4. Activity 'Making Your Decision: What are your criteria? Define your solution-space!' - 30 min





# HOW CAN WE SUPPORT OUR LOVED ONE'S HEALING PROCESS?



## DISCUSSION

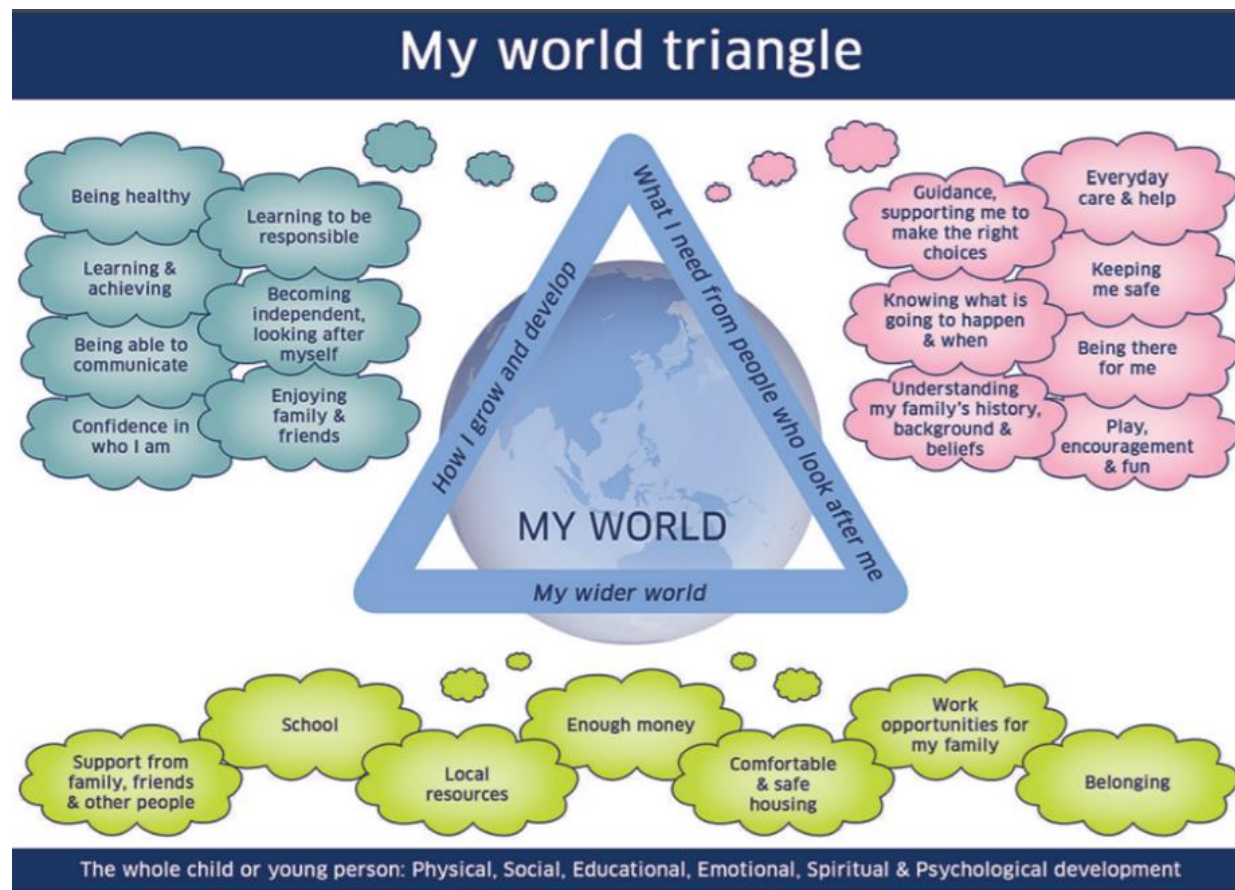


# WHAT MIGHT BE HELPFUL FOR YOU TO SUPPORT YOUR LOVED ONE'S HEALING PROCESS ?



## DISCUSSION

# TOOLS AND ACTIVITIES TO HELP YOU SUPPORT MH NEET'S HEALING PROCESS



Try to fill in your own World Triangle



# TOOLS AND ACTIVITIES TO HELP YOU SUPPORT MH NEET'S HEALING PROCESS

## MY WORLD TRIANGLE



### DISCUSSION

Do you think it would be helpful?

Do you think it might help you to be aware of support system you have around you?



An innovative model for career counselling services to mental health NEETs

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# TOOLS AND ACTIVITIES TO HELP YOU SUPPORT MH NEET'S HEALING PROCESS

## CREATE MY OWN SUPERHEROES TEAM

Superhero 1:

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Superhero 2:

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Superhero 3:

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# TOOLS AND ACTIVITIES TO HELP YOU SUPPORT MH NEET'S HEALING PROCESS

## CREATE MY OWN SUPERHEROES TEAM



### DISCUSSION

Do you think it would be helpful?

Do you think it would be possible to use the combined support of your team's superheroes?



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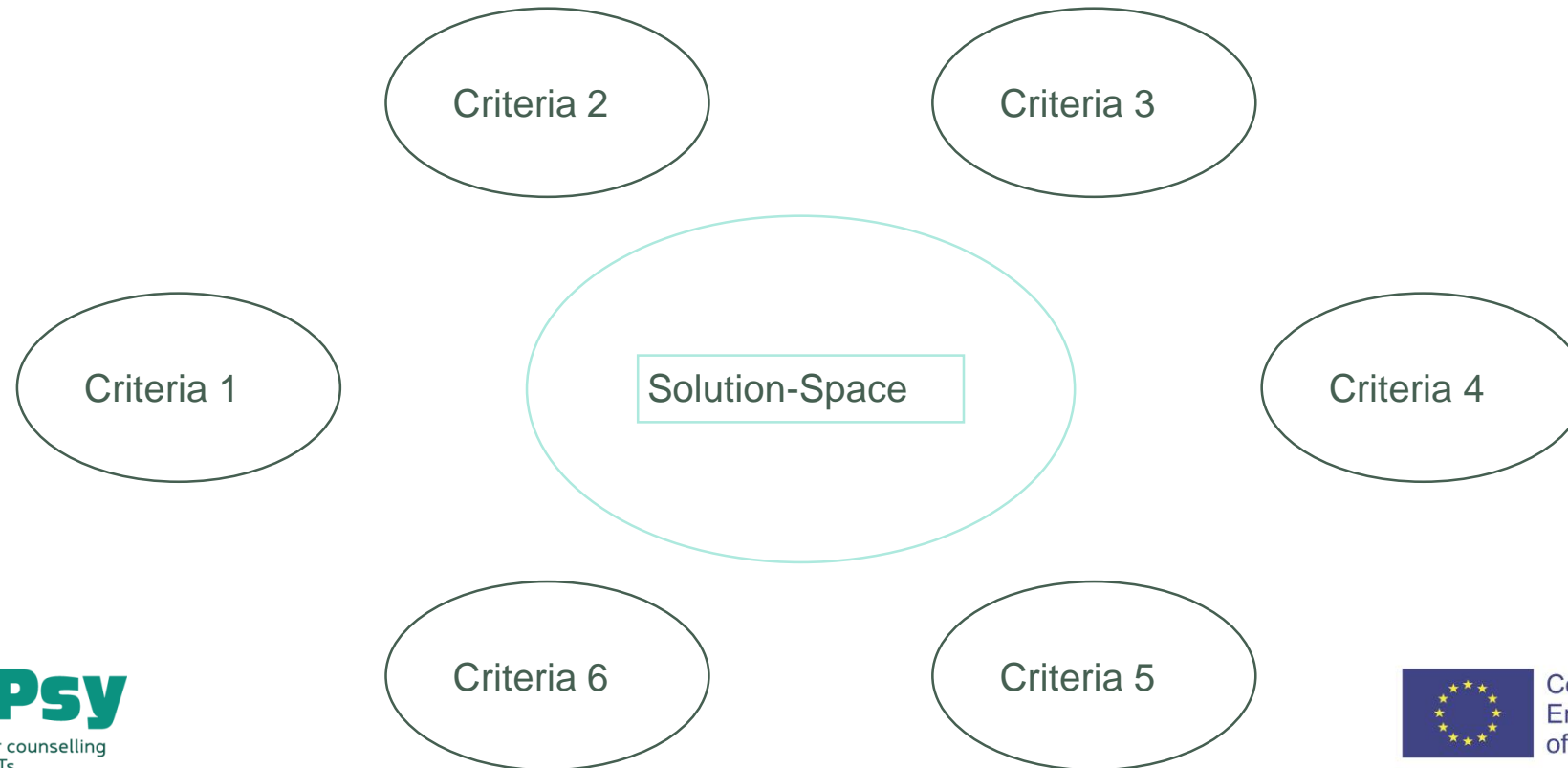


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# TOOLS AND ACTIVITIES TO HELP YOU SUPPORT MH NEET'S HEALING PROCESS

## MAKING YOUR DECISION: WHAT ARE YOUR CRITERIA? DEFINE YOUR SOLUTION-SPACE!





# TOOLS AND ACTIVITIES TO HELP YOU SUPPORT MH NEET'S HEALING PROCESS

## MAKING YOUR DECISION: WHAT ARE YOUR CRITERIA? DEFINE YOUR SOLUTION-SPACE!



## DISCUSSION

Do you think it would be helpful?

Do you think it would be possible to learn MH NEET this way of making decisions?



**SUMMARY**

**THANK YOU!**