

ROLE OF THE FAMILY

WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART II

90 minutes



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AGENDA

1. Discussion - 15 min
2. Activity ,Collecting and evaluating information form the Internet' - 30 min
3. Activity ,Where am I: Check-listing my progress' - 30 min
4. Discussion & Summary - 15 min





WHAT ARE THE MOST DIFFICULT PARTS OF SUPPORTING YOUR LOVED ONE?



DISCUSSION



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

COLLECTING AND EVALUATING INFORMATION FROM THE INTERNET

Procedure:

- Discussion on criteria and „checkpoints” for good online research,
- Familiarisation with evaluation criteria for websites/search results,
- Hints and suggestions for target-group specific search terms and for available online sources supporting career choice for MH NEETs



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

WHERE AM I: CHECK-LISTING MY PROGRESS

Informal careers ask MH NEETs to tick off items they are confident about having dealt with in a satisfactory manner. They discuss each of the items together and note any questions they have.*



An innovative model for career counselling services to mental health NEETs

work4psy.eu

* list of the items is available in Toolkit PART C



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SUMMARY

THANK YOU!