

## ALCESTER TOWN COUNCIL

PRESS RELEASE – 11<sup>TH</sup> MARCH 2019



### It's Good to Talk

There has never been a more important time to talk about youth mental health. Mental ill health often starts in young adulthood so it is vital that we give young people access to the support they need to grow up happy, healthy and resilient. That is why Alcester Town Council has teamed up with Lifespace Trust to deliver an accredited Youth Mental Health First Aid training to local young people. Emotional health is just as important as physical health but information and support for mental wellbeing is often harder to come by.

Working in collaboration with all three secondary schools in the town, Alcester Grammar School, St. Benedict's and Alcester Academy, the training is the first part of a Public Health funded project that will encourage young people's involvement in learning, decision making and peer-led approaches to mental health support, working together to find solutions to life's challenges.

Of the thirty-two students who have already completed the course, all have found it beneficial and wish to be involved in the project over the next 12 months.

*"I have gained the knowledge to help people I know/don't know who may be struggling with a MH issues and I now know how to spot/notice some of the signs and symptoms so I can offer my early support for people." (student from Alcester Grammar School)*

*"I would recommend to everyone, peers, teachers and parents as everyone should be more aware of MHFA to reduce the stigma and help those in need." (student from St.Benedict's)*

Emeritus Professor Councillor Chris Brannigan, Chair of Alcester Health and Well-Being Board is delighted with the project's success so far,

*"Local, national and international evidence has shown that there is a real need for support for children and young people in relation to their mental health. In response to this, Alcester Town Council are pleased to be working with Lifespace to provide this valuable training for young people in the town. Our participation in this project shows our continuing commitment to the health and wellbeing of our residents, young and old."*

This project is part of Coventry and Warwickshire Year of Wellbeing 2019  
#LetsDoThisTogether.

For more information about this project:

Alcester Town Council: [www.alcester-tc.gov.uk/residents/health-and-wellbeing/](http://www.alcester-tc.gov.uk/residents/health-and-wellbeing/)

Wendy Sherwood Tel: 01789 766084 Email: [info@alcester-tc.gov.uk](mailto:info@alcester-tc.gov.uk)

Lifespace Trust: [www.lifespace.org.uk](http://www.lifespace.org.uk)

Youth Mental Health First Aid England: <https://mhfaengland.org/individuals/youth>

Coventry and Warwickshire Year of Wellbeing 2019 #LetsDoThisTogether

Ends

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