

Mental Wellbeing Innovation Fund projects 2017

<i>Organisation</i>	<i>Project – brief outline</i>
Brighton and Sussex University Hospitals	Specialist training in suicide prevention and understanding self-harm to staff at BSUH where there are higher numbers of patients who have mental health problems or have self-harmed: Medical Assessment Unit, ED, Orthopaedic, ENT and Critical Care Unit.
Brighton Oasis Project	Two x 6-week therapeutic, self-care groups for young women aged 13 – 17 and 18 - 21 who are at risk of or engaged in self-harm. Qualified therapist facilitating; may be referred by care worker or social worker or can self-refer. Meetings will be in a local nail bar - offering manicures, pedicures etc in a de-stigmatising environment.
Friends, Families and Travellers	Two groups for 12 Gypsy and Traveller men with mental health issues, 18 - 60 yrs: to develop WRAP model and mental health 'first aid tool box'; peer support including social media; educate the group participants about the benefits of self-management and encourage engagement into mainstream services.
Grassroots Suicide Prevention	Following on from our success rolling out the men's suicide prevention awareness campaign entitled #AlrightMate through poster and online promotion, we would like to use similar messaging and designs to reach men in Brighton & Hove outside of our networks through public street art.
Impact initiatives	Two x 6-week groups for young women 16 - 25 accessing Stopover Residential projects for homeless young people to promote wellbeing and prevent self-harming thoughts and behaviours. Supported by: one to one support sessions; two mental health awareness training sessions for staff; and a mentor programme.
Mankind UK Ltd	30 drop-in sessions (3x10 groups) for vulnerable young men (16-25); link to Jordan Stephens (Rizzlekicks) through Audio Active and to young men through YMCA DLG. The project will tackle any negative beliefs that the young men have about themselves or others and the use of harmful practices as a coping strategy.
MindOut LGBTQ Mental Health Project	A suicide prevention peer support group for trans and non-binary people. Our Trans Advocacy Service is working with a wide range of trans people, the vast majority of whom are or have been suicidal and actively at risk of self-harming. Many have expressed a wish to develop mutual support.
Refugee Radio	A mindful hiking support-group for adult male sufferers of Post-Traumatic Stress Disorder (PTSD) and depression. Participants will include refugees and asylum seekers suffering the results of war, torture and/or sexual violence but also British nationals and others who are military veterans or survivors of abuse.
Rethink Mental Illness	A short film about the experience of suicidality, featuring 5 male participants of different ages and backgrounds. The film will promote life after thoughts and/or attempts of suicide and identify support that has been important to them in their journey to recovery.

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Safety Net	Parenting workshops that will: <ul style="list-style-type: none"> • Raise parents’ awareness and understanding of teenage self-harm • Increase parents’ personal resilience & reduce isolation • Develop skills to manage self-harming behaviour.
Southdown Housing Association	We plan to provide 2 x 8 week courses on Coping with Suicidal Distress within the Brighton and Hove Recovery College for people with mental health issues – we will particularly target people who have lived experience of suicidal thoughts and feelings, and who live with these thoughts on a regular, often daily, basis.
St Peter's Medical Centre	Impact Initiatives will provide a series of art activity programmes for young people aged 18-25, in small groups of 6-8. Courses will run for 6 weeks, 2 hours per week, at the YPC, Ship Street. St Peters Medical Centre will pilot ways to reach out to high risk young people registered at the surgery and at other ‘cluster’ practices.
Turner Community Project	3x6 week wellbeing group work programmes for young women accessing the Turner Community Project. One to one support session will be offered alongside. Two mental health awareness training sessions for staff will be provided and a small scale young women’s mentor programme will ensure sustainability.
The Hangleton and Knoll Project	Our project will deliver a programme of activities to young women aged 13-19 who are experiencing emotional, social and mental health issues. We will use group work and arts based methodologies as a means for young women to explore and support each other around issues concerning their mental health.
YMCA DownsLink Group 1	YMCA Right Here will create a ‘Talking about Suicide’ foldout pocket guide aimed at young people, both those who are thinking about suicide and their friends, peers and confidants ; it will also be helpful for people of all ages.
Linked projects in four schools	<ul style="list-style-type: none"> • Moulsecoomb primary school • Dorothy Stringer High School • Longhill High School • Hove Park School