

Mental Health Promotion – What Works

<p>Children and families</p>	<ul style="list-style-type: none"> • Improving parenting skills • Home visits and social support for new parents • Strengthening the child/carer relationship – to address factors associated with family conflict, maltreatment and poor attachment • Improving toddler language skills and impulse control • Opportunities for child-centred active learning
<p>Schools</p>	<ul style="list-style-type: none"> • Social competence approach – promotion of generic skills that increase resilience and self-esteem and enable young people to avoid risk and attain/maintain health promoting behaviour. Key components – self-management, problem solving, communication, resisting negative influences. • Sustained whole school approaches aiming to promote mental health, rather than prevent mental illness • Health promoting schools approach – modifying school ethos/environment, working through the curriculum, involving family and/or community • Access to a positive relationship with an adult for vulnerable children (e.g. via mentoring schemes) • Interactive interventions and cognitive-behavioural approaches
<p>Young People Outside School</p>	<ul style="list-style-type: none"> • Key priority is to consult young people, draw on their expertise and involve them in all aspects of developing interventions • Effective programmes focus on strengthening life-skills and social support and involve young people

Source:

Taken/adapted from NeLH in collaboration with mentality, 2002 and Making it Effective: A Guide to Evidence Based Mental Health Promotion, mentality 2003.