

Discovering mental health practices

ID TALKS

Peers and mental health

"THE MORE MOTIVATED YOUTHS ARE, THE BEST THEY FEEL"

"EVERYONE, YOUNG OR OLD, NEEDS H-O-P-E"

"WE CAN MAKE YOUNGSTERS FEEL GOOD"



"PEER SUPPORT IS ABOUT YOUNG PEOPLE WHO HELP & CARE FOR ONE ANOTHER, IN & OUT OF SCHOOL"

OUR MISSION

- SERVE
- CARE
- EMPOWER

PEOPLE of ALL AGES

INGE ESSELLEN (BELGIUM)

EFFECTS

OF USING PEER SUPPORT

- META-COGNITIVE SKILLS
- COMMUNICATION SKILLS
- ACTIVE PARTICIPATION

WE CHALLENGE YOUTH TO LOOK FOR ANSWERS THAT ARE NOT ALWAYS EASY

magic happens

IDENTITY, SELF-IMAGE, RELATIONSHIPS...

IS UNIVERSAL

PEER SUPPORT...

- > IS NEEDED FOR PSYCHOLOGICAL WELL-BEING & HELPING EACH OTHER
- > HELPS DETECT PROBLEMS AHEAD

START LISTENING!

PREVENTION OF

BULLYING
CONFLICTS
DISCRIMINATION
MENTAL HEALTH



WHAT WOULD YOU TELL TO YOUNG PEOPLE today

YOU ARE NOT ALONE

IT'S OK

YOU ARE WORTH IT

YOU'RE LOVED

BELIEVE IN YOURSELF

WE NEED PEACE



The history of... PEER SUPPORT FLANDERS

- > TUTOR EACH PROFILE HAS DEFINED AREAS OF ACTION:
- > MENTOR school, sports, daily life
- > COACH/SUPPORTER

"PROVIDING SUPPORT FOR A POSITIVE LIFE ENVIRONMENT"



PORTRAIT

of a peer supporter

- IS AVAILABLE
- DOES NOT JUDGE
- IS TRAINED
- KNOWS THEIR STRENGTHS



ON-DEMAND TRAINING

FOR YOUTH, TEACHERS, YOUTH WORKERS, AND ALSO SENIORS ABOUT LIFE SKILLS

PRACTICE

WHAT IS YOUR BEST ATTRIBUTE?

OPEN-MINDED

FLEXIBLE

EMPATHETIC

CARING

HELPFUL

OPTIMISTIC

SUPPORTIVE

SALTO MENTAL HEALTH YOUTH WORK INCLUSION & DIVERSITY