

Testimonies

Here are some things participants enjoyed about the programmes that have taken place.

'Nice feeling, soothing, therapeutic, intriguing, cheered me up, nice to try something new. Using the art helped put feelings down on paper and was very beneficial.' Art session

'Go out feeling a little lighter you are not alone...' Get talking session

'Learning about help outside of the hospital and home was very interesting and beneficial.' Get involved session

'It was very rewarding, gave the group ideas and woke us up mentally.' Asking for help session

'Encouraged me to keep in touch with friends and family so that I don't feel so alone, good to talk within the group.' Keeping in touch session

'Felt more relaxed and can use these activities at home.' Making relaxation a way of life session

Positive Steps	
Where?:	_____
When?:	_____
To book a place or for more information contact:	

Tel:	_____
Email:	_____



A 10 step programme for mental health & emotional wellbeing.

Overview

Positive Steps is a flexible and interactive mental health promotion programme developed by Health Development in the South Eastern HSC Trust. Positive Steps is a programme that brings many other benefits in addition to improving our mental health & emotional well-being.

The programme provides many exciting opportunities for people aged 12 and over to experience, for example trying something new and learning new skills; taking risks; making new connections and relationships; socialising; being creative; learning relaxation techniques; figuring out how to value yourself and how to contribute in valuable ways; improving health; knowing when and how to get help; learning all this in a fun way.

The programme originated from a list of 10 positive steps published by the Health Education Authority 1999. This provided a firm framework for the development of a programme based on these self-help ideas.

Positive Steps is a 10-step programme delivered over 12 weeks that encourages people to look at life, to discover what influences their health and provides a practical opportunity to enhance mental health and emotional wellbeing.

Aims

- To enhance confidence & self-esteem of participants
- To improve the mental health and emotional wellbeing of participants
- To offer participants the opportunity try something new, different & exciting
- To help participants connect with family, friends & other supports around them
- To encourage participants to acknowledge & talk about their feelings
- To give practical solutions to learn how to manage emotions & learn how to relax
- To be fun!



What are the Positive Steps?

1. Getting creative
2. Accepting who you are
3. Get talking
4. Getting involved
5. Health & wellbeing
6. Trying something new
7. Asking for help
8. Keeping active
9. Keeping in touch
10. Making relaxation a way of life

