



Strengthening the Circle:

Building resilience and good mental health for children and young people

Equipping people who provide a circle of support to children and young people with the skills and confidence to build their emotional resilience

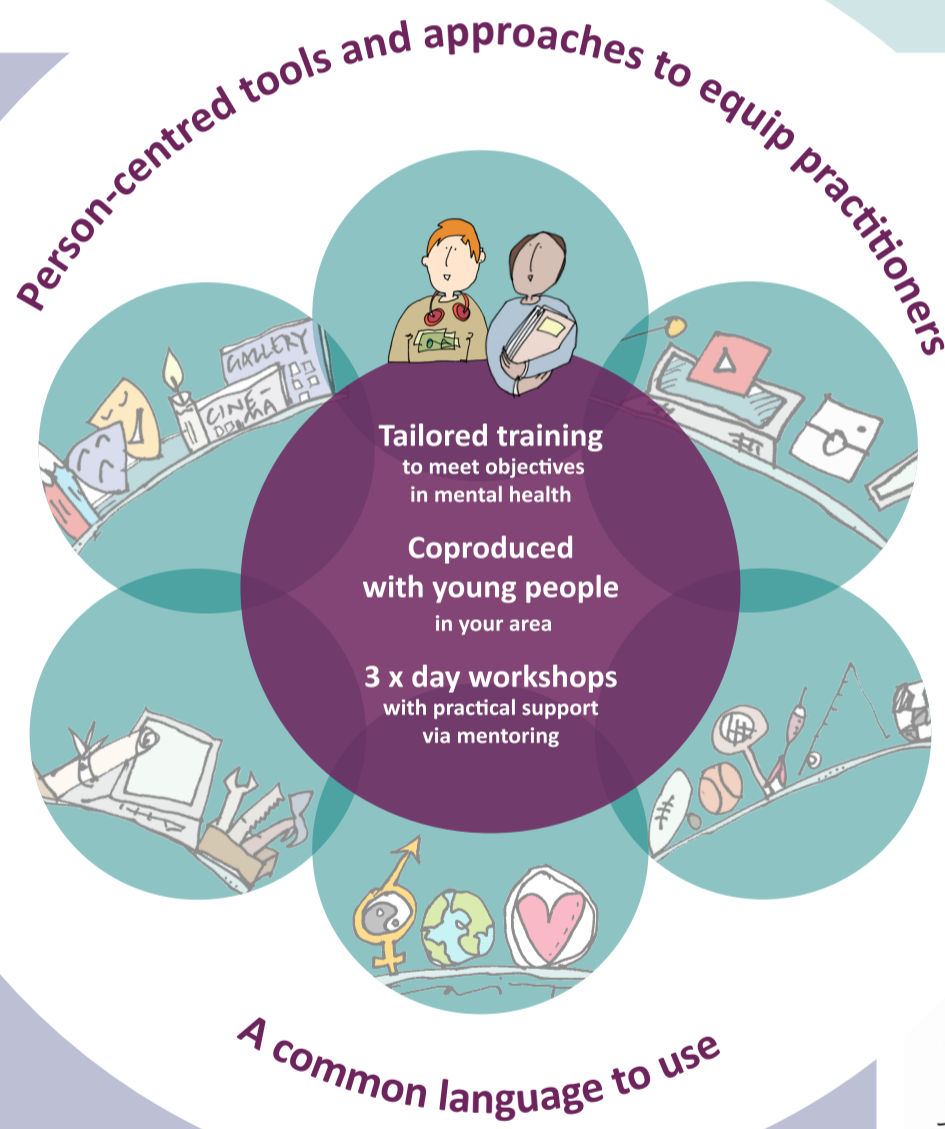
Building emotional resilience prevents the need for specialist interventions at moments of crisis, supporting good mental health for children and young people into adult life

? How can this training be further developed to support children and young people with complex needs? ?

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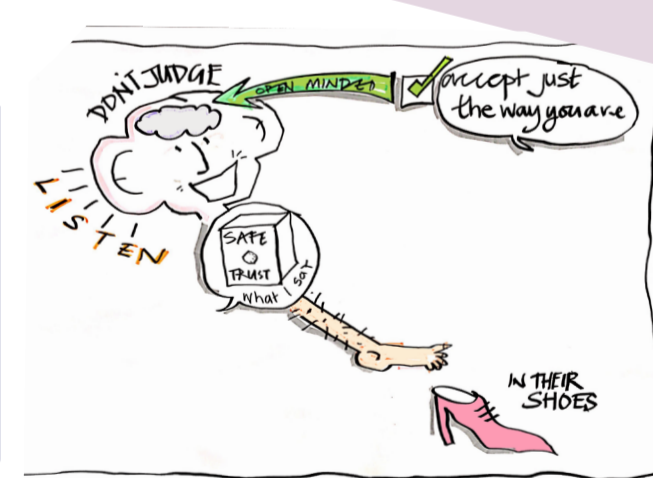
In 2019, NDTi worked with groups of young people to understand their views on:

- mental health
- what builds resilience
- what good support looks like
- coping strategies that help at times of adversity



Mental health is everyone's business!

“ ‘Talking to people I trust’
‘People that really listen’
‘Someone who won't judge’ ”



Strengthening the Circle is a National Development Team for Inclusion (NDTi) programme, developed in partnership with Boingboing (a Community Interest Company dedicated to embedding the learning from resilience research).



National Development Team for Inclusion

NDTi | We are a social change organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose. We inspire and support services and communities to make change happen - change that leads to better lives.

www.ndti.org.uk
office@ndti.org.uk
01225 789135