

Working With Groups

Discussing mental health and wellbeing can lead to uncomfortable feelings amongst the participants. Ensuring that the group has good ground rules before starting any such topic can help create a safe environment where topics can be discussed as openly as possible. However care should be taken to minimise distress.

Make sure you know your group participants well, including if they are caring for someone with a mental health problem. It is good practice to inform the group about what you will be discussing as part of the topic and give them the opportunity to withdraw from sessions.

During delivery of sessions be aware of any signs that a young carer is becoming distressed; they may become quieter, more challenging, tearful, angry or anxious. Offer the chance of one to one support. Let young carers know at the start of session what the arrangements are for one to one support should they need it. Have a list of local resources handy in case you need to provide help or support contacts for the young carer.

In some instances it may be advisable to inform parents or guardians about any group activities related to mental health and wellbeing you feel may cause difficulties for the young carer. This however should be done in discussion with the young carer.

