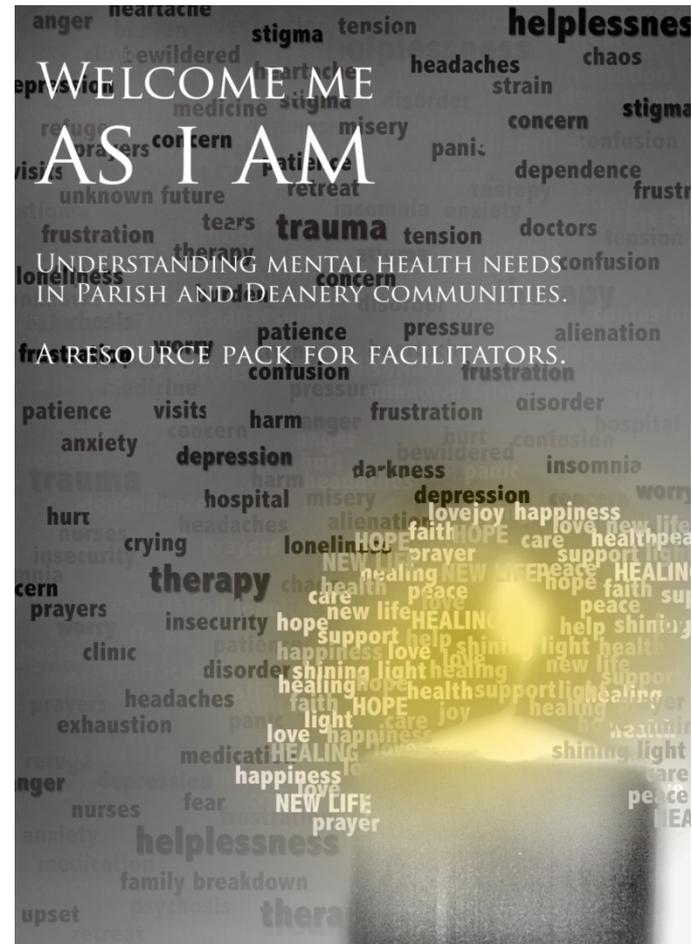


# 'Welcome Me as I Am'

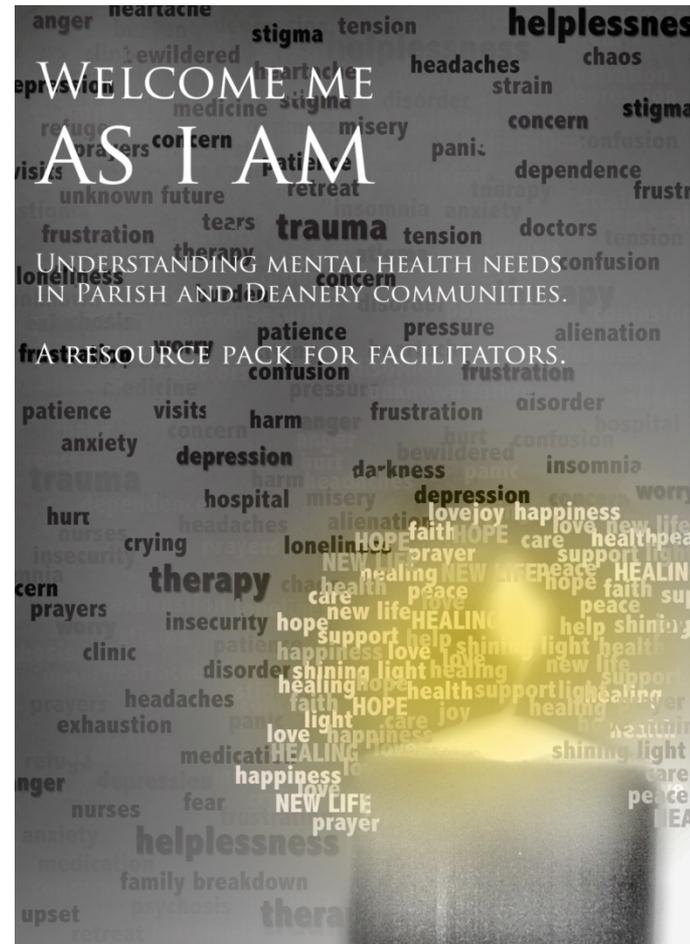
## Working with Mental Health issues in our Parish and Deanery Community A workshop for Middlesbrough Diocese

- Introduction and Opening Prayer
- 'What brought us here today ?  
What would we like out of the session ? – Group discussion
- 'Welcome Me as I am' – some background and advice for use in parishes
- 'The Journey of Hope' – Recovery and Mental Health
- Group discussion
- 'Caring about Carers' (Edna)
- Taking this agenda further - Action Planning and next steps
- Closing Prayer



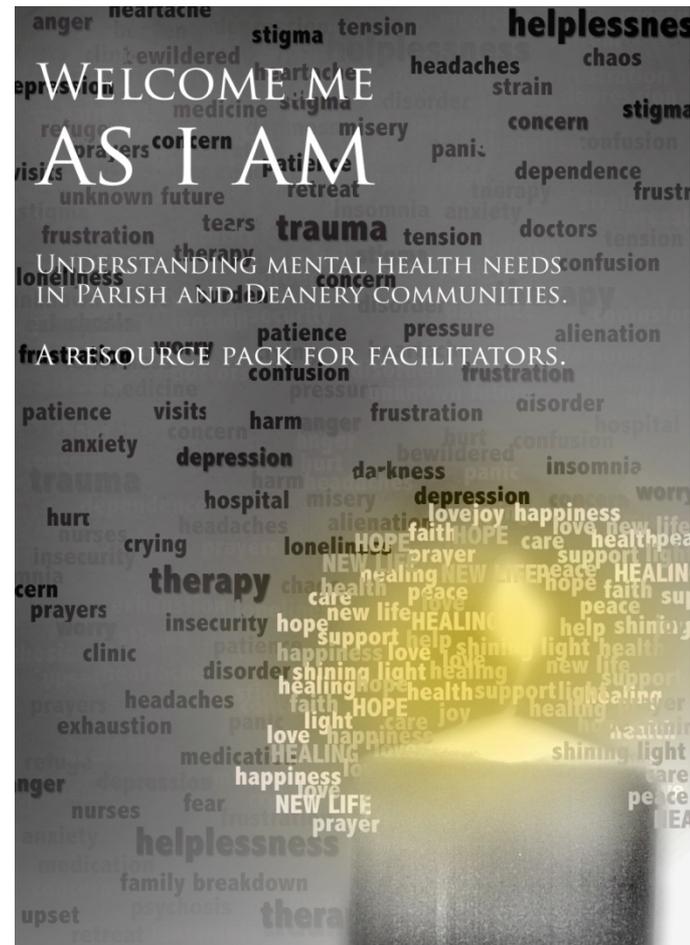
# Welcome Me as I am – an overview

- Toolkit developed to promote Mental Health awareness
- Designed for facilitators with little or no previous experience
- Flexible – programme of 5 modules can be used covering one or more modules – available in Word format if needed
- Can be used for a session of approximately 90 minutes or longer
- Links with 'Time to Change' campaign
- Series of linked workshops
- 8 awareness sessions for SVP
- National specialist workshops



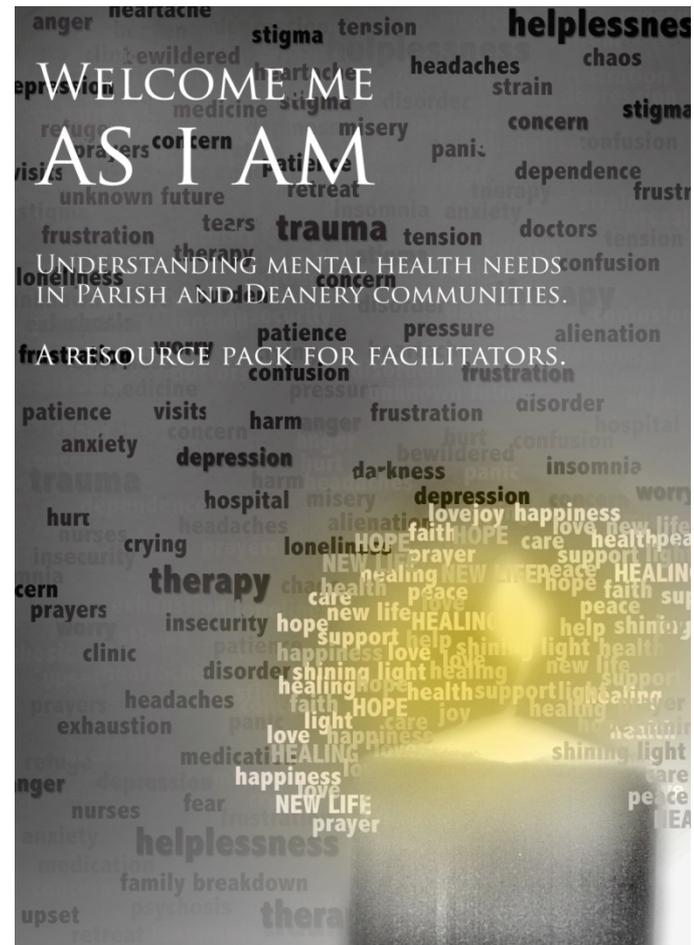
# Welcome Me as I am – overview of sessions

- Accrington – Plater Project
- Ainsdale, Merseyside
- Retreat – Cheshire
- Day for seminarians – Oscott
- Learning Disability and Dementia – St Josephs, London
- Diocesan MH awareness workshop – Middlesbrough
- Diocesan awareness workshop – East Anglia
- Day for priests - Southwark
- Training session – Nuneaton
- Day for Council of Churches - Brighton



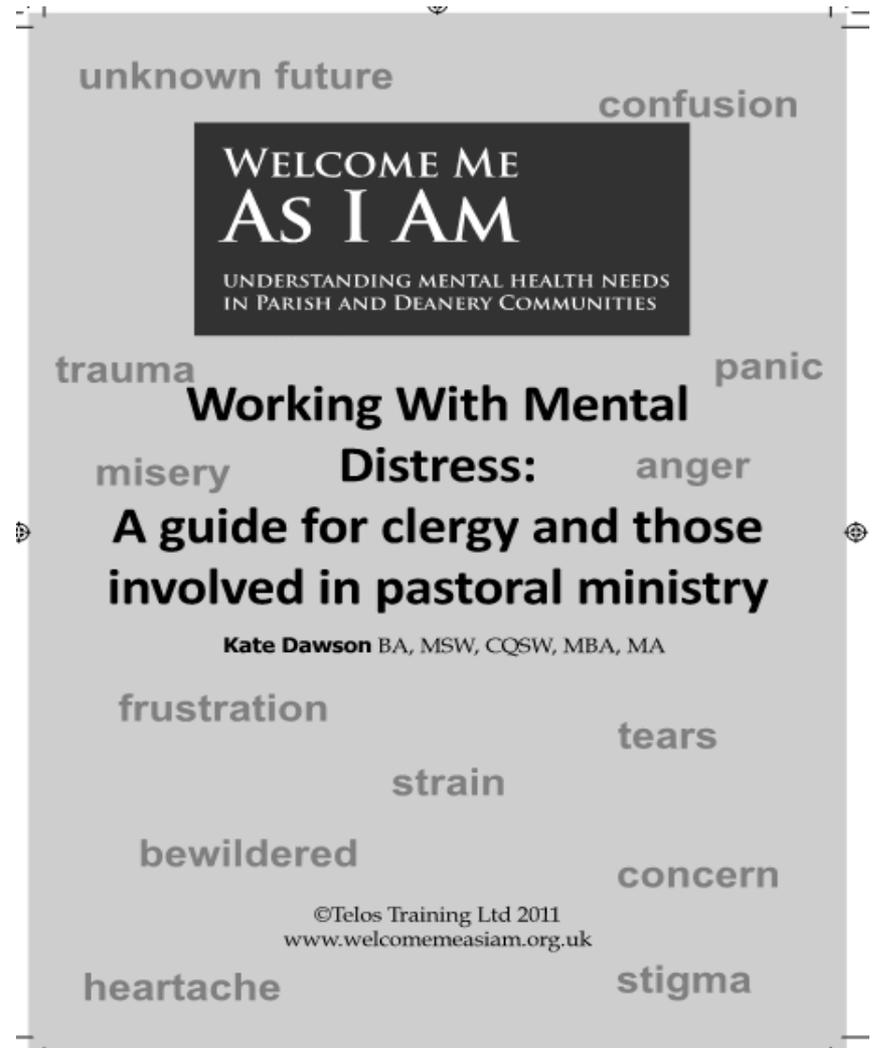
# Welcome Me as I am – other activities

- MH awareness programme for the Salvation Army
- Dementia awareness with religious communities
- Development of guide on working with mental distress
- Development of website: [www.welcomemeasiam.org.uk](http://www.welcomemeasiam.org.uk)
- Mental Health First Aid programmes
- National Events:
  - Catholic Chaplaincy in Mental Health Services
  - ‘Were you there when I came out of prison ?’



# Welcome Me as I am – ‘Working with mental distress’

- Practical guide to dealing with immediate situations
- Geared to those in pastoral situations
- Linked to Mental Health First Aid



Some simple messages can be so important in our parish community...

