



The Chat 1st Impact on Youth Mental Health





Who we are & what we do?





What we all know?

- Poor mental health has a massive negative impact
- Many of those struggling do not receive help
- This problem is getting worse

But, we also know that the smallest things can really help:

- Participation in regular physical activity
- Social interaction and peer support

Chat 1st is here to join the dots.

To support anyone who needs help to exercise and interact to improve their mental wellbeing. By removing barriers to exercise e.g. anxiety, fear, loneliness, finance, etc.





For youth we aim to do more...

- Help to educate ALL children and young adults about mental wellbeing and coping techniques.
- Show them positive ways to monitor and manage their own mental wellbeing.
- Empower them with tools and techniques so they are prepared and ready to help themselves and minimise the detrimental effect of long term mental illness.

Participate – Interact – Support - Empower





5-11 years

Holiday ActivAte Clubs for Mental Wellbeing

- Support
- Enrichment
- Physical Activity
- Food

Term Time After School Club for Mental Wellbeing





My Little Book Of Wellbeing Wonders





Chat 1st

11-18 Years

Youth Wellbeing Hub

- Yoga
- Boxing
- Drop In
- Monthly Wellbeing Campaign
- My Wellbeing Book





Adults

- Tai Chi
- Yoga
- Community Garden
- Chatty Walks
- Peer Support
- Sign Posting
- Family Support





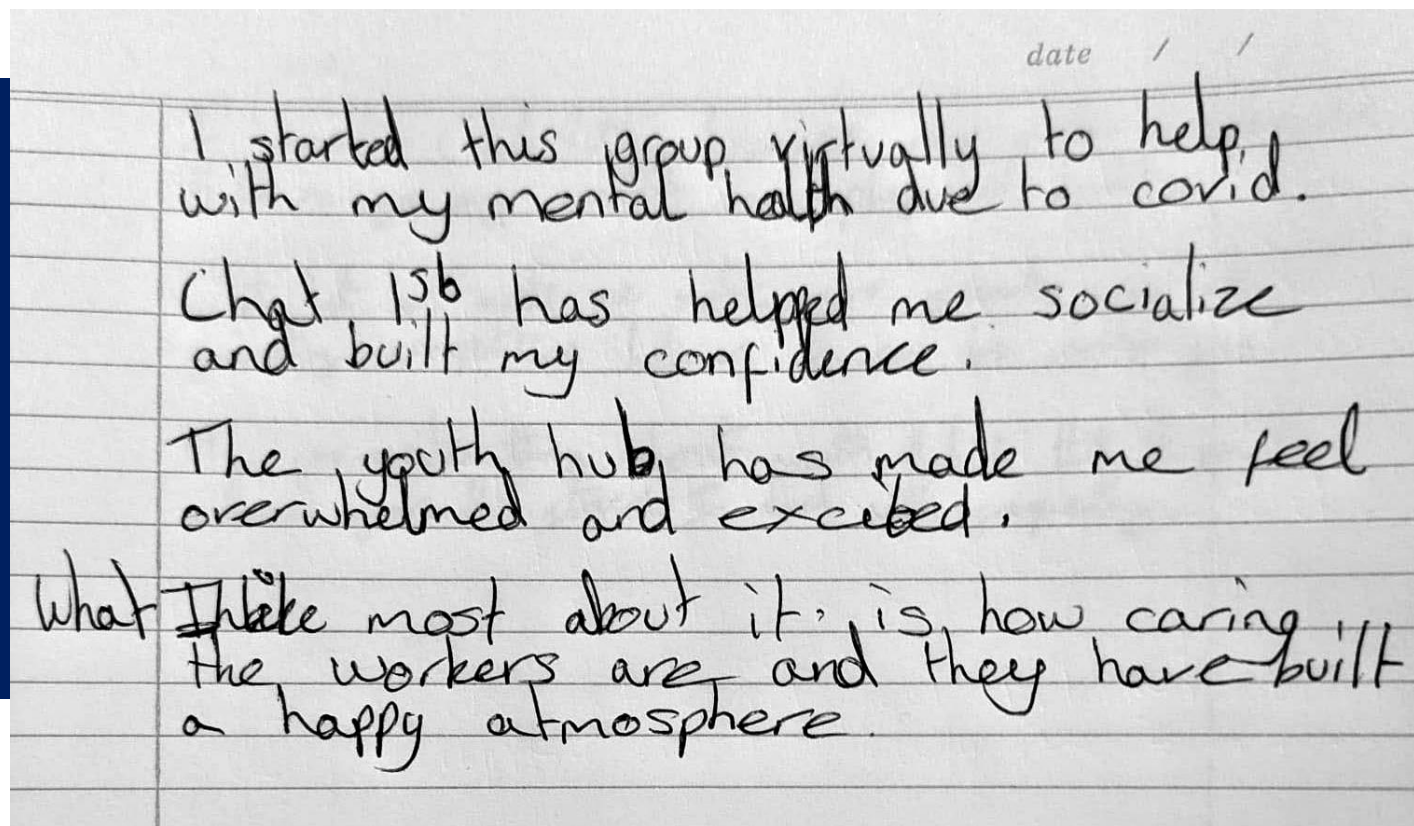
The Covid Journey

- Lockdown youth virtual yoga & boxing
- Face to face classes
 - Anxiety
 - Parents
 - Participation
- Friendships & Support
- Additional support for the whole family





The results so far...



“Chat 1st has helped me socialise and built my confidence.

The youth hub has made me feel overwhelmed and excited”



The results so far...

I love going to the youth club because
i can do boxing ~~at~~ talk about my emotions
and i made a friend ~~number~~ and she
cheers me up which makes me feel happy
that i made a friend here cos i was
nervous before joining.

"I love going to the youth club because I can do boxing, talk about my emotions and I made a friend..."





What the grown ups say:

I was introduced to Chat 1st through my son's secondary school and he now happily attends weekly sessions in Brentwood. At first, I thought Chat 1st was only involved with activities for children, but I soon realised that there were also opportunities to help adults in the community. I mentioned to Nicky how I had been feeling extremely stressed during the last 18 months and, as a result, I am now losing my hair and waiting to see a dermatologist. Nicky immediately told me about a meditation class which was about to commence in Brentwood and that it might be beneficial for me to attend. I've been attending for six weeks now and I am really feeling a difference in my mental health already. Attending the classes has made me feel supported by Caroline, my meditation teacher, who has taught me how to take time out of my day to focus on my inner thoughts and breathing, and to also look after myself better. Consequently, I am feeling far more relaxed and I am now well-prepared to face any stressful situations as they arise. I'm so thankful for Chat 1st as they are truly helping me to get through what has been a stressful period in my life.

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I cannot say 'thank you' enough to Chat 1st Team for all the amazing work they have done with Niall. I was very nervous when we first attended the club at Merymeade and was lurking around with worry. After the first session I could see how happy and comfortable they made Niall feel. These days I can drop off and run away to enjoy some quiet time without any worry! Thank you very much to each and everyone involved in this club. I hope the club will continue to run forever as they really are lifesavers!

"After the first session I could see how happy and comfortable they made Niall feel"





Contact Us

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