

# 01 INTRODUCTION

## Welcome to your 'Just Talk' toolkit.

We all have mental health, just like physical health, but both national and Hertfordshire research have told us that not all people feel confident about:

1. Where they can go to talk about their mental health and wellbeing;
2. What they can do to support themselves;
3. How to start a conversation with people.

The resources in this toolkit will help you to tackle all of these issues.

As an Ambassador you will:

- Learn ways of supporting yourself which you can model and share with others.
- Know how to share key positive mental health messages with others, helping to change the way people think and #JustTalk about mental health.
- Have a list of resources that you can share with others.

As an Ambassador you can do some or all of this depending on your time and situation. No matter how much you are able to do, YOU will be helping to change the way we think about mental health.

Your actions will help to remove the stigma and the fear that some people still experience when it comes to asking for support or help.

With your help we can help other young people to know that not being OK is something EVERYONE experiences and to feel confident to talk about how they are feeling and ask for help when they need it.



# WHAT IS 'JUST TALK'?

**'Just Talk' is a celebratory and positive mental health campaign, designed to make everyone, particularly boys, more comfortable talking about mental health.**

'Just Talk' has been developed with ongoing input and guidance from young people across Hertfordshire. It is a Hertfordshire campaign owned by everyone with an interest in promoting mental health to children, young people, families and communities.

With young people at the centre, the resources and content have been devised and shaped by a multitude of partner agencies, including the County Council, district councils, YC Hertfordshire, Clinical Commissioning Groups (NHS), health services, schools, and the voluntary sector. A list of partners can be accessed at the end of this document. Knowing that so many partners are involved in 'Just Talk' means that you can feel confident that the content is quality assured and relevant to Hertfordshire young people and families.



