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TOGETHER FOR YOUTH WELL-BEING
MENHELP VYTE



Psychological first aid for mentors

10.04.25

Programme, 10 April 2025

08.00-08.25: Welcome, expectations and recap of day 1

08.25-09.00: Intro to KLIPS

09.00-09.10: Break

09.10-09.50: KLIPS and the mentor role

09.50-10.20: Train KLIPS

10.20-10.30: Break

10.30-10.50: Small role play 😊

10.50-11.20: Walk and talk and wrap-up

11.10-11.30: Wrap up and thank you for today



Rules of the game - a replay

- We are in a confidential room
- We can trust that everything we say here stays here
- Questions or comments not directly related to the topic will go to the question car park and travel home with Simon
- There are no stupid questions!
- Play in and have fun 😄

Slides will be sent to you!

Expectations for the day?



Recap of day 1

- Introduction to:
 - Target audience
 - Mentoring roles
- We remember that:
 - Mentorship is important - you are important
 - We have some vulnerable young people who need you
 - The diagnosis is not important
 - It's in your dialogue with the young person that you find ways to act together
 - Be curious, open and patient
 - Find a good balance between being considerate and challenging
 - Set milestones and follow up - make successes visible
 - The relationship is crucial



Day 1 wrap-up

- Personalised plan:
 - Have you had it fixed?
 - Will you share your preferences for the kid with me?
- Other:
 - Pick-up in the car park
 - Other questions or reflections?



Why is psychological first aid so important?

- 1. Immediate support:** People in crisis get immediate support and help to manage their emotions and reactions. This can prevent the situation from getting worse and help them find peace
- 2. Preventing long-term problems:** Early support can prevent the development of more serious mental health issues
- 3. Strengthening the community:** When people are trained in mental health first aid, it creates a more supportive and understanding community. It becomes easier to talk about mental health issues and foster a culture of caring and empathy



Why is psychological first aid so difficult?

- 1. Lack of training and knowledge:** Many people don't have the necessary training or knowledge to deal with mental health crises effectively. Without proper training, it can be difficult to know how to best support someone in mental imbalance
- 2. Emotional strain:** Helping someone in a mental health crisis can be emotionally taxing. It requires empathy and emotional strength, which can be challenging for many
- 3. Misconceptions:** There are still many misconceptions surrounding mental health issues. This can make it difficult for people to seek help or for those offering help to feel comfortable and confident in their role



What is psychological first aid?

Film 1 - can be [seen here](#)

Talk to the person next to you about:

- What did the film make you particularly aware of if you had to give your colleague psychological first aid?
- How would the points in the film make sense if you were giving psychological first aid to LUKAS a young person instead of a colleague?





Giv psykisk førstehjælp med
KLIPS

10
minutes



Calling card

- Draw a card from the deck
- Read it
- Talk to a colleague about your cards
- Draw new cards and find a new colleague

Get KLIPS on your spine

Review

- K - **contact** the young person
- L - **listen** without judgement
- I - **invite** the young person into a community
- P - make a **plan** together with the young person
- S - other support **options**





Case exercise

- 2x2
- Read the case and make the form
- Use the KLIPS booklet and posters with KLIPS
- You are welcome to continue writing on the case 😊



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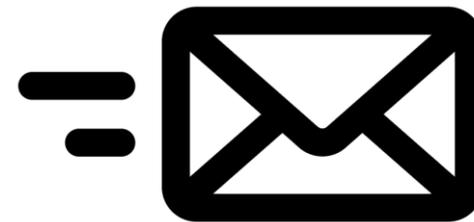
Role-playing games

Use KLIPS in practice



Walk and talk

What have we learnt? How can we put it into practice? What is difficult? What would we like to practice more?



Intro to day 2

- We meet again on 25 April 2025 - same time and place
- We continue to focus on psychological first aid and KLIPS
- We will especially look into "I" (invite) and "S" (support)
- You will learn more about the communities that exist within AAB
- And the possibilities that exist for you to get help outside of AAB's framework
- We look forward to spending the morning with you again 😊





Thank you for today and see you on 25
April