

**six degrees
social
enterprise**

What are the Latest Issues
and Interventions for
Improving Mental Health?



2011 to 2021

We are celebrating our 10-year anniversary

We are celebrating

10 years of serving the community of Salford and, more recently, the communities of Greater Manchester.

We could not think of a better way of celebrating our first 10 years than to organise a series of **free presentations** on key themes, which have relevance to a great many people. The next presentation will be on the **9th September** 11.00am – 12.30pm and will offer two perspectives on the topic. Further information about these events can be found below.

To book a place at this event on the 9th September please follow the link below: <https://www.eventbrite.co.uk/e/six-degrees-10th-year-anniversary-presentation-3-tickets-165771357593>

SESSION ONE

9th September @ 11.00am to 12.30pm

How should Mental Health Services for Children and Young People be delivered?

Worldwide, there are many different ways of delivering mental health services for children, young people and their families.

Such services might be provided by the state, voluntary organisations or private providers (or, indeed, a combination of these), and they can be found not only in the health sector but also in the youth justice, education and social care sectors. Referring to past and ongoing research, this talk will explore several different models/frameworks for service delivery, identifying discrete features within, and common features across, the various models/framework that might underpin the provision of effective and acceptable mental health services for children, young people and their families.

Biog:

Dr Steven Prymachuk, Professor Mental Health Nursing, University of Manchester and Non-Executive Director, Six Degrees Social Enterprise

SESSION TWO

9th September @ 11.00am to 12.30pm

Universal Interventions that Promote Control and Purpose to Support Mental Health, Well-Being and Recovery

It is assumed that different mental health diagnoses require different treatments. Yet, Six Degrees Social Enterprise has successfully implemented ways of working with people that are the same for different diagnoses and guided by the latest scientific theory and research.

Two of these will be described in detail. Method of Levels is an individual psychotherapy tailored to the client's own choice of problem, emotional style and pace of change. The Take Control Course is a six-week group program to help understand how to deal with anxiety, depression, relationship difficulties and to promote recovery. The latest formats of this universal approach - brief online workplace stress management (4Ds of Dealing with Distress), peer-to-peer support (@Discoverytalk) and artificial intelligence (MYLO) - will also be introduced, alongside a future vision for provision for mental health.

Biog:

Dr Warren Mansell, Reader in Clinical Psychology, University of Manchester, who specialises in developing, training and evaluating novel and accessible mental health interventions.

BOOK HERE

six degrees social enterprise

supporting your mental health

