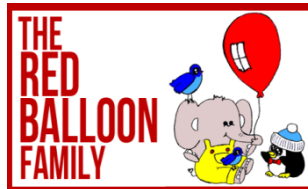
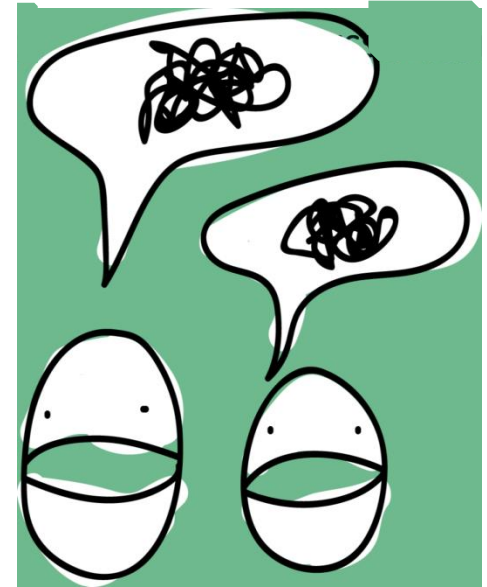
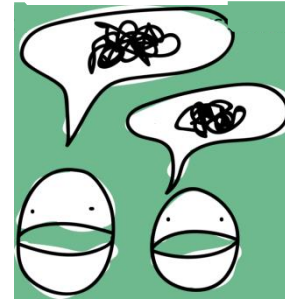


# MilLife





**milLife**



**Gaby Gold**

Assistant Community Health & Wellbeing Manager  
Epping Forest District Council

&

**Diane Gilson-Butler**

Youth Engagement Officer  
Epping Forest District Council



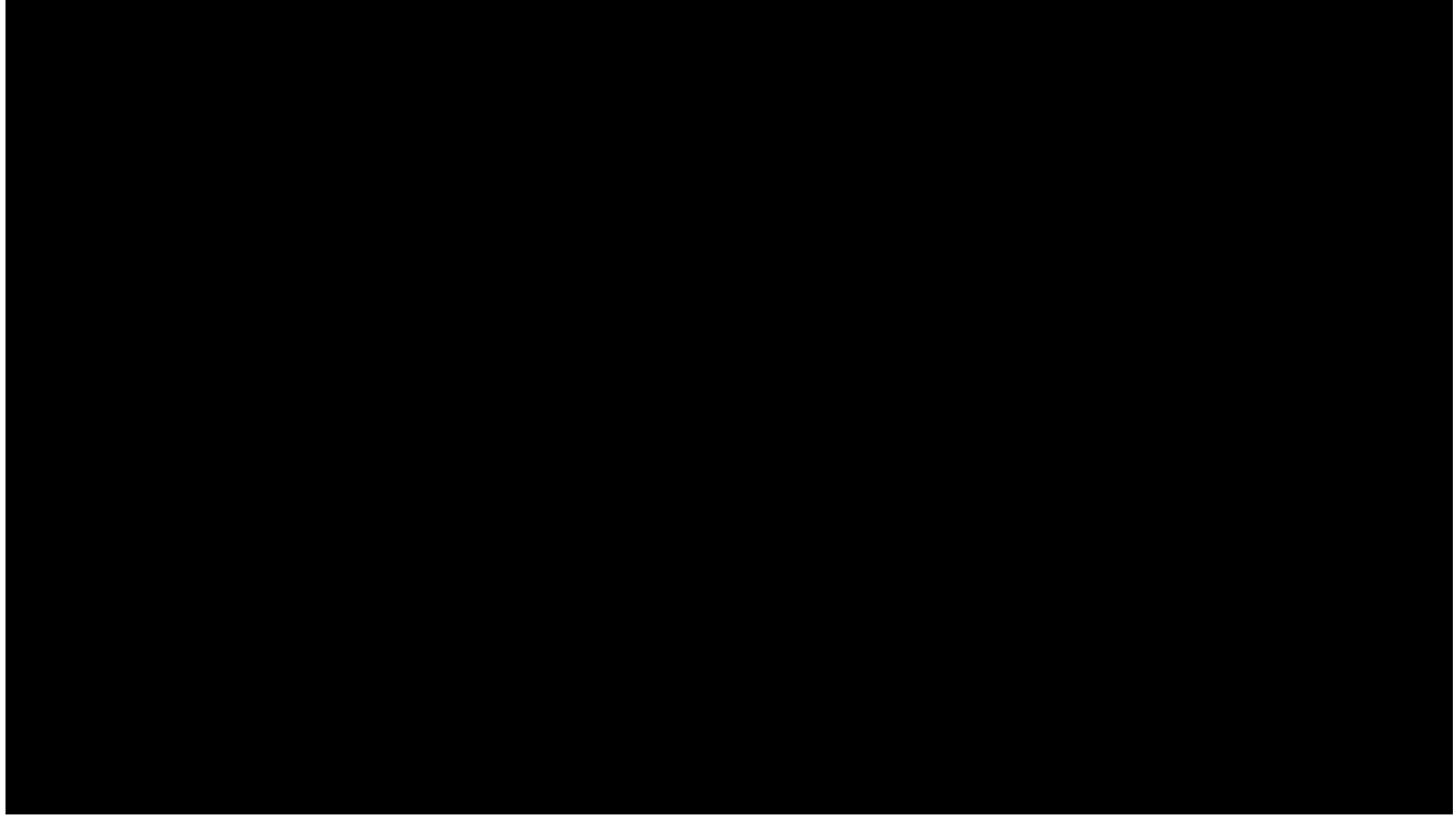
When you hear the phrase  
“MENTAL HEALTH” what  
words or phrases jump  
into your head ...?



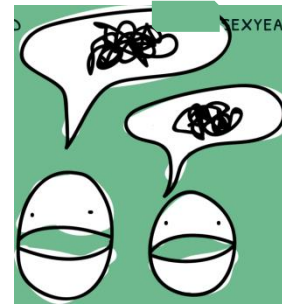
**CRAZY** **STRANGE** **CUCKOO**  
**NUTTER** **FRUITCAKE**  
**FLAKY** **LUNATIC**  
**RETARD** **DISTURBED**  
**WACKO** **UNBALANCED**  
**DEMENTED** **LOONY**  
**LOCO** **BASKETCASE**  
**SCREENBALL** **SIMPLE**  
**DANGEROUS** **BONKERS**  
**THICK** **CRACKERS**



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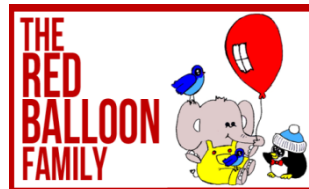
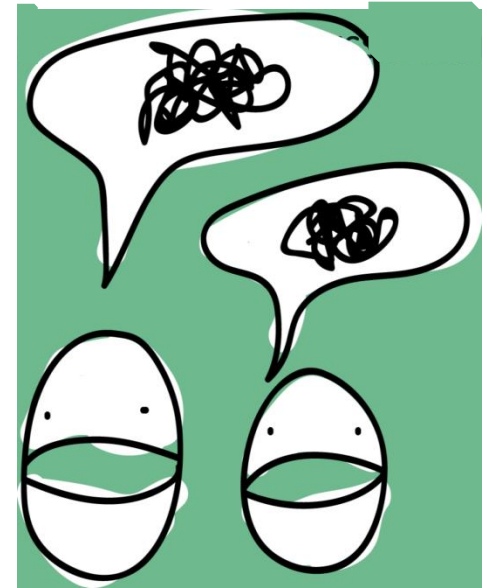


Quiz

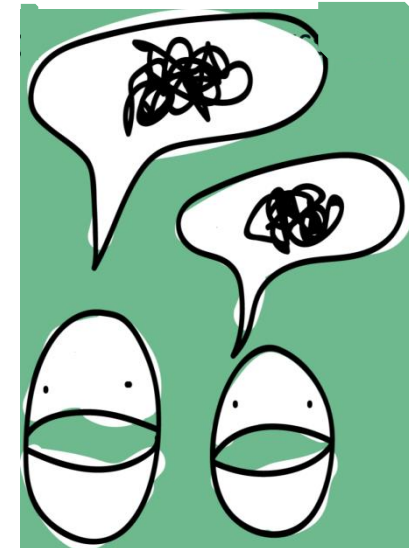
Time



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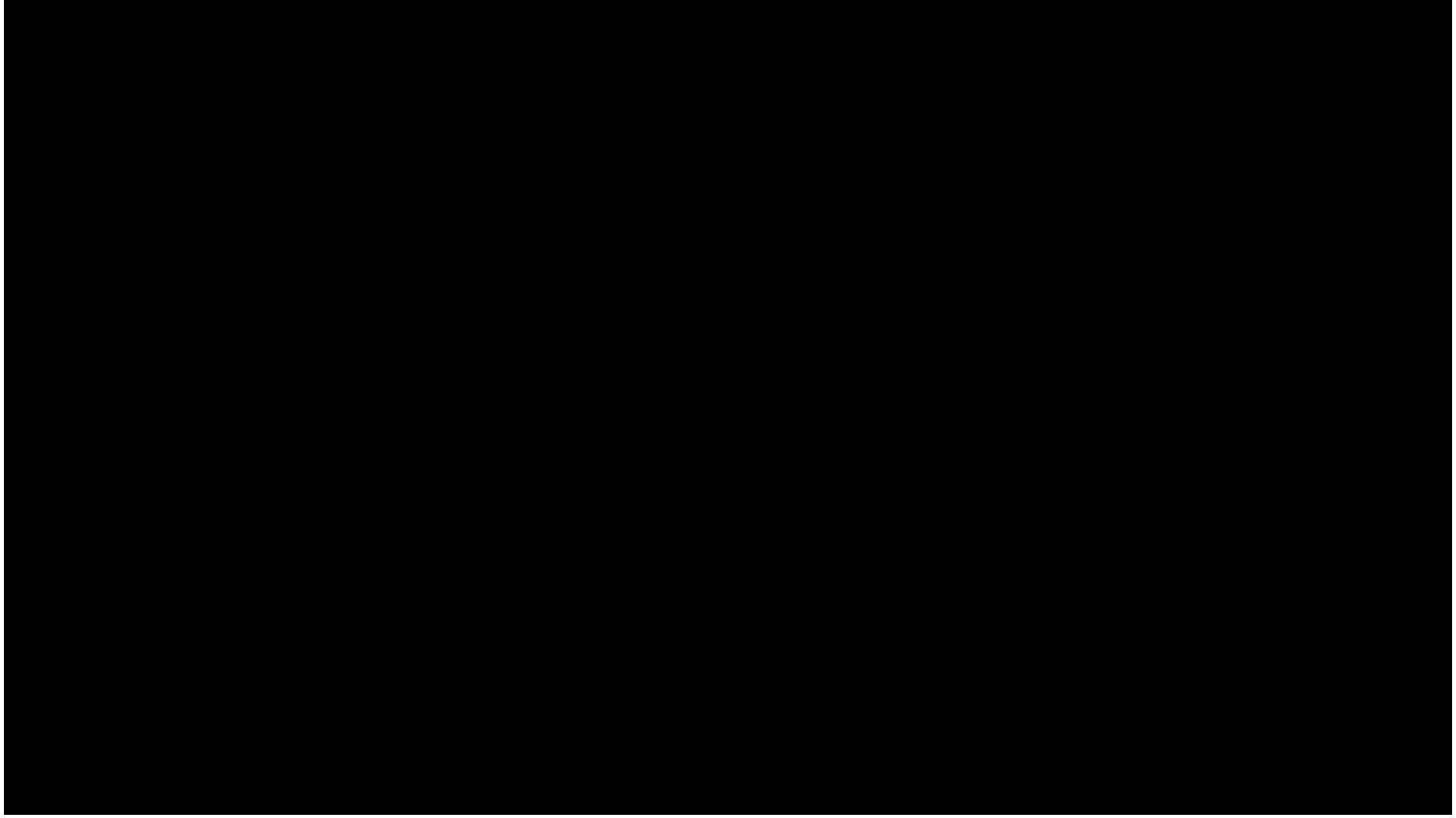
# milLife



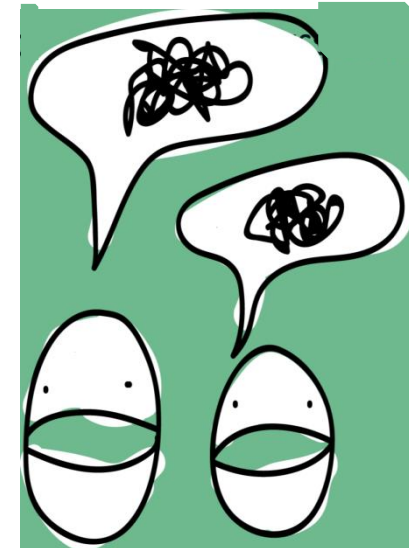
The three themes identified by NELFT NHS are:

- Dealing with anxiety
- Having a family member with poor mental health
- Generally feeling down

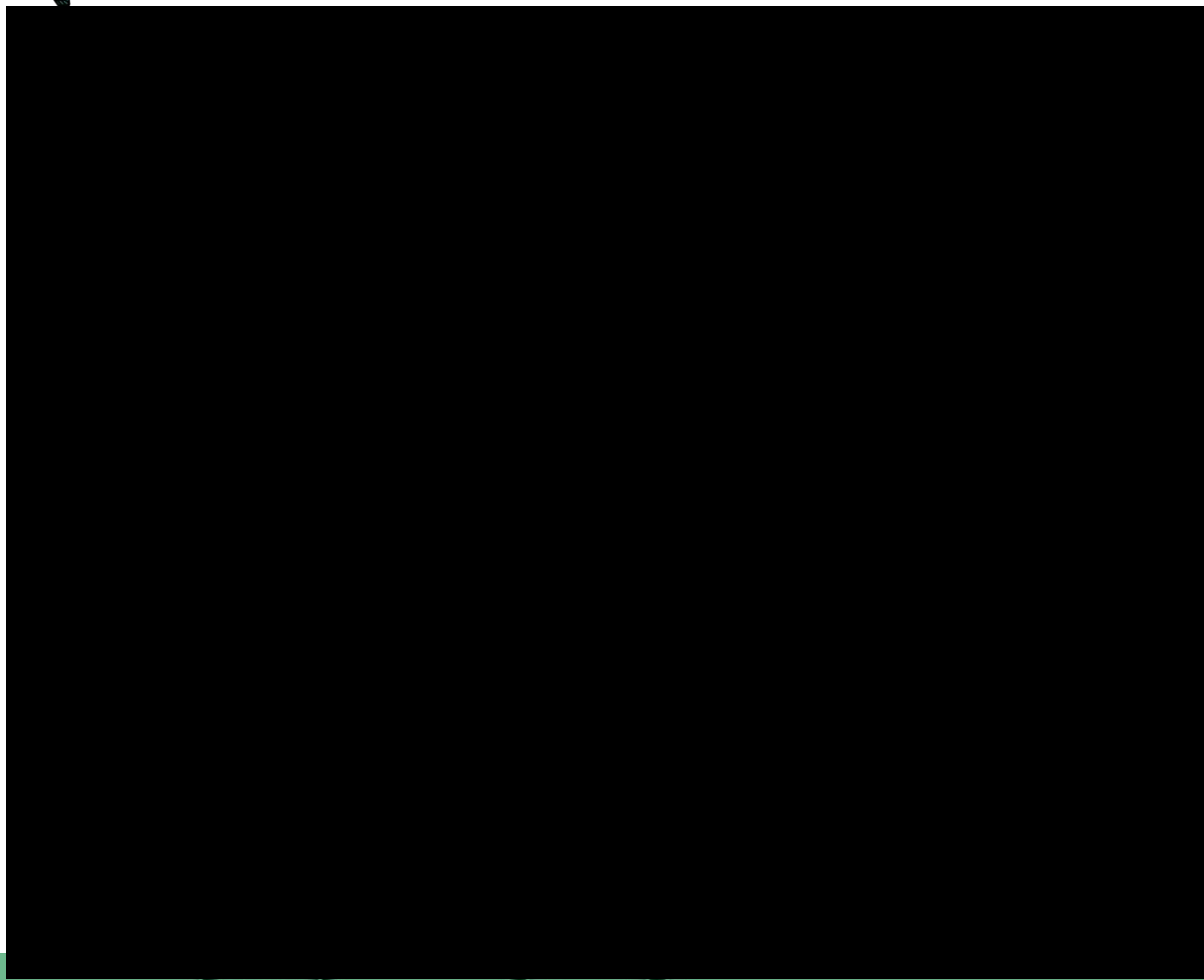
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## Create a Virtual MiBox...

You might not have all the bits you need to make a miBox, so why not create a virtual one here? Click on any number of the items or ideas below you think would help you look after what's going on in your head, fill in your email address and we'll send you a PDF of your miBox as a reminder to use those things as often as you can.

### SELECT ITEMS TO PUT IN YOUR miBOX... (12 Max)



Take Control of your Breathing



Get Creative



Do Some Exercise



Play Games



Go Online



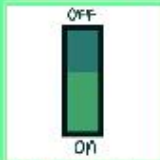
Talk to Your Friends



Go Outside



Eat Something Healthy



Get out of Light and Noise





[How to Make a MiBox](#)

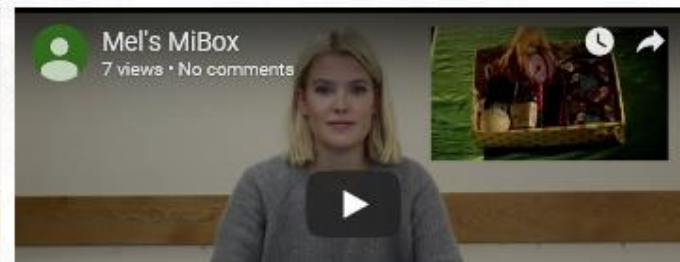
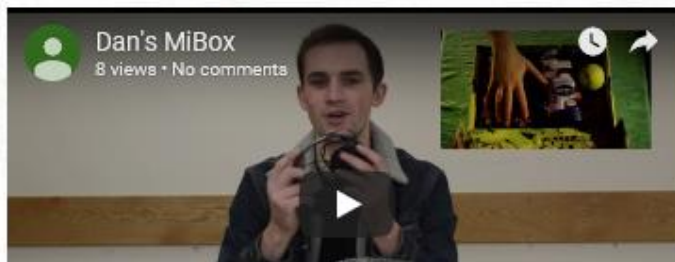
[What's in Your Box?](#)

[Virtual MiBox](#)

## What is a MiBox?

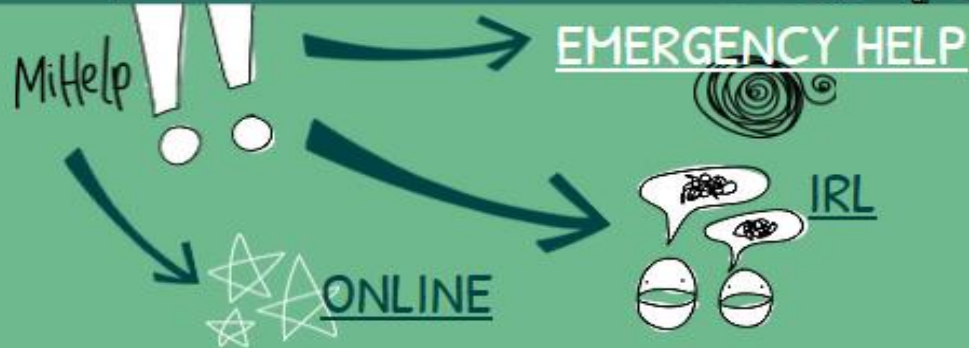


## How do you make a MiBox?



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## ONLINE HELP

### IMPORTANT ADVICE:

The internet is loaded with stuff about mental health, but tbh a lot of it is full of junk and can sometimes not very helpful! Our advice? Ditch the Mental Health tag on Tumblr, and have a look at these websites that we think have some good stuff to say!



### EPIC FRIENDS

If you want some legit help or advice about how you, your friends or your family are feeling, we think the best site going for more in-depth info is Epic Friends...



### YOUNG MINDS

This website offers you a big old list of organisations that can help you, no matter what you're going through, so you can find one that works for you.



## In Real Life...

Because sometimes there is no better way than to talk it out with someone. Thankfully there are some super-nice people in your schools (in Epping Forest) who are ready to talk things through.

Find your school below to find your point of contact...

### DAVENANT

Talk to your head of year - they will point you in the right direction!

School Contact:  
[020 8508 0404](tel:02085080404)

### RODING VALLEY

Talk to your head of year who will point you in the right direction.

School Contact:  
[020 8508 1173](tel:02085081173)

### DEBDEN PARK

Talk to your Pastoral Worker...  
Y7 & 8 - Mr Thackray  
Y9 & 10 - Madam Walker  
Above Y10 - Madam Goody  
School Contact:  
[020 8508 2979](tel:02085082979)

### EPPING ST JOHNS

Talk to your head of year who will point you in the right direction

School Contact:  
[01992 573028](tel:01992573028)

### KING HAROLD

Go to the Wellbeing Hub at School... Your contact is Mrs Gibbs

School Contact:  
[01992 714800](tel:01992714800)

### WEST HATCH

Have a chat with:  
Mr Morgan, Mrs Hall or  
Mrs Bendall (In the office).

School Contact:  
[020 8504 8216](tel:02085048216)

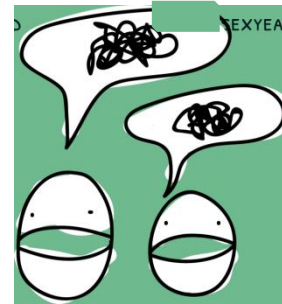


## Other cool stuff happening locally...

If you'd rather find a youth group to meet some new people and a youth leader you can talk to, or simply learn a new skill, there's heaps of clubs and groups that meet locally!

click on some of the stars on the map below to find something that suits you!

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In addition to this we offer:

- A lunch time follow up session for pupils to self refer
- A training pack for teachers and youth workers designed to continue the discussion with young people
- An information table during the lunch time session to enable pupils to find out about other



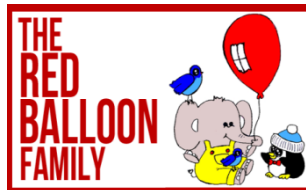
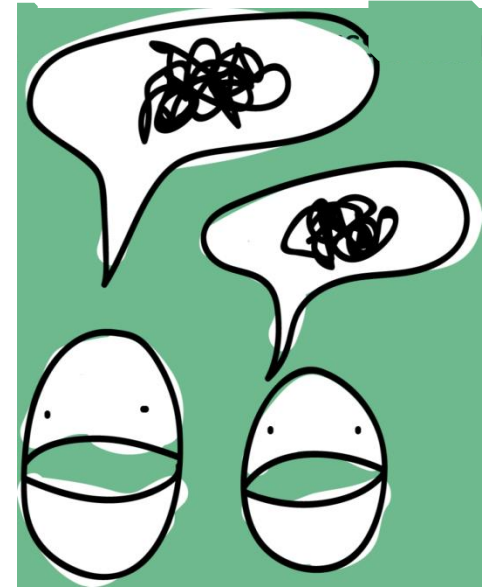
# milLife



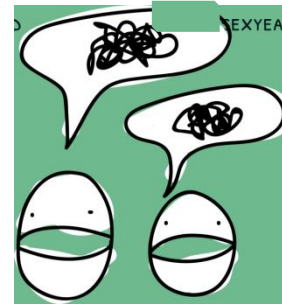
Year 1 (2016/2019)

- 4000+ (11-17) took part in the project
- 328 (8%) requested follow up
- 1 in 4 had a negative view of mental health
- 56% reported a positive change

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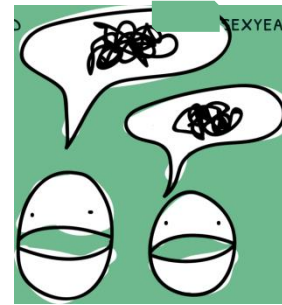
# MiLife



*"The MiLife project is a really great youth led project that has allowed the young people of Epping Forest to understand their own personal mental health in greater detail. The project aims to give young people a greater understanding of what to do if they feel mentally ill but also how to help themselves keep a healthy and happy mind."*

Matthew Tinker, Student, Roding Valley High School, Loughton

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*"The EFYC's Roadshow 'MiLife' was such a success. All years appreciated the presentation, they responded to both the content and techniques adopted by the team. We were surprised and delighted at their response. The involvement of local students through the Epping Forest Youth Council brought a reality to the presentations and content which got through to the students. To see one of our own students actively involved in the day and instrumental in its planning gave our students confidence in the team.*

*Thank you to all the organisations and*



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