

Feedback from Workshops

Dear TIC+,

I just wanted to say on behalf of Year 10 and 11 a great big thank you for the workshop which you provided for the students yesterday afternoon. We could have filled it three times over which does show what a need there is for this kind of session so thank you.

Several students have said to me that they especially found it helpful to be exposed to a number of tools to help deal with stress and the advice of practising these techniques in advance. I hope it will really help them in the long term. Please do pass our thanks to all the presenters, your work was much appreciated.

Kind regards,

Ruth, Head of Year 11, Pate's School

I liked the session. There was an emphasis on listening and clear advice on next steps. The handouts look especially useful."

Quote from parent attending Self-Harm Workshop

I really enjoyed the relaxation/sleep techniques to help me feel less stressed- I could've fallen asleep right there!

Quote from a year 9 student attending De-Stress Workshop

Hi TIC+,

I was impressed by the workshop last night, as was the Headmaster.

We felt that it was pitched appropriately at parents and gave some of them the opportunity that they needed to talk about a difficult subject. Having a mix of staff and parents worked well for us as well as it helped develop a 'united front' which can sometimes be a bit difficult to achieve when working with a young person who is experiencing these difficulties.

All the workshops you have provided have been well received and we would definitely want to invite you again.

Thank you for facilitating this for us.

Holly, Sir Thomas Rich's

About TIC+

TIC+ (Teens in Crisis) provides face-to-face and online counselling services across Gloucestershire for young people aged 9-21 and their families.

Our mission is to improve, preserve and promote good mental health and well-being among young people and their families.

Please get in touch if you would like more information on the price of our workshops.

For further information about our services please check out our website: www.ticplus.org.uk



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Psycho-educational Workshops

For children, young people, youth workers, support staff, teaching staff and parents/guardians

Our mission: To improve, preserve and promote good mental health and well-being among young people and their families.

De-Stress Workshop

A degree of pressure and stress is not only inevitable, but in many ways desirable in order to motivate us to achieve more in every aspect of our lives. However, when that stress becomes excessive it can cause a flight, fright or freeze response. When this happens every day living can be difficult.

The TIC+ De-Stress workshop is designed to prevent the development of excessive stress and promote positive mental health and wellbeing: Using simple techniques, the programme teaches young people about stress and anxiety and how it can affect their lives. It also explores skills and strategies to help manage stress and anxiety so that stress levels and anxieties are reduced.

81% of young people asked at the De-Stress workshops said they felt stressed or anxious much of the time!

81% enjoyed the workshop, 74% felt that what they had learnt would help them cope better with anxiety now and into the future.



In a pilot study 100% of those who attended the De-Stress Training course felt better equipped to help someone who feels stressed or anxious!

De-Stress Training Workshop **NEW**

Teachers and school staff are on the front line supporting children and young people suffering with anxiety related issues. TIC+ would like to support professionals in this vital work.

The TIC+ De-Stress Training workshop explores some of the reasons why young people are feeling the pressure and how to support them when they feel stressed and anxious. Using simple techniques like mindfulness and relaxation, the programme teaches professionals working with young people how to reduce stress and anxiety in students who are particularly struggling.

Self-Harm Workshop

Self-harm is the deliberate act of harming oneself with a non-fatal outcome, regardless of suicidal intent. It is always a sign that something is wrong and is on the increase due to a variety of factors.

The TIC+ Self-Harm workshop is designed to help teachers or parents/guardians to:

- Identify self-harming behaviours
- Increase awareness of reasons why young people self-harm
- Explore appropriate ways of responding to young people who self-harm
- Understanding personal impact and support



As a result of attending the Self-Harm workshop 96% of staff and parents said they felt better able to support young people who self-harm.

Over 90% of those who attended the Self-Harm workshops found the content useful.



De-Stress Workshop

What are we offering? TIC+ can offer workshops for groups of approximately 25 students lasting 60-90 minutes.



De-Stress Training Workshop

What are we offering? TIC+ can offer workshops for groups of approximately 25 for teachers and support staff lasting 90 minutes.



Self-Harm Workshop

What are we offering? TIC+ can offer workshops for support staff, teaching staff and parents/guardians lasting 2 hours.