

# **Blackpool ReMiT: Resilient Minds Toolkit – A resilience and mental health guide for young people**

## **ReMiT by young people in Blackpool, for young people in Blackpool**

The Resilient Minds Toolkit for young people is a co-produced guide written by young people for young people to support their resilience and mental health. The guide shows how to use the Resilience Framework, provides frequently asked questions to give young people the confidence to support their friends and offers our top ten recommended apps, websites and books as well as a guide to local mental health support in Blackpool, Fylde and Wyre. This guide is designed for a Blackpool context – you can find a guide for a national context [here](#).

[Download ReMiT for Young People](#)

## **ReMiT by parents and carers, in Blackpool for parents and carers in Blackpool**

The Resilient Minds Toolkit for parents and carers is a co-produced guide written by parents and carers for parents and carers to support their childrens resilience and mental health. The guide shows how to use the Resilience Framework, provides frequently asked questions to help parents and carers support their children as well as our top ten recommended apps, websites and books as well as a guide to local mental health support in Blackpool, Fylde and Wyre. This guide is designed for a Blackpool context – you can find a guide for a national context [here](#).

[Download ReMiT for Parents and Carers](#)



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## Feedback survey

Here is a short questionnaire we would love you to fill in to tell us what you thought about the guide.

[Take part in our feedback survey](#)



### How it started

We are co-leaders of the Resilience Revolution. Blackpool is leading this pilot of the world's first whole town approach to resilience. As part of the Resilience Revolution, we understand mental health in the context of the environment in which we live, and social inequalities we might face. We want to improve young people's mental health by supporting young people to be resilient despite adversity, whilst also campaigning for social change to reduce that adversity. We set up a co-production group to look at how young people, and their parents/carers, on the Blackpool Child and Adolescent Mental Health service (CAMHS) waiting list could be better supported; consisting of young people and parents/carers with lived experience of mental health challenges, and representatives from CAMHS, Boingboing and Blackpool HeadStart. We called ourselves the 'Empowering Young People and Families' co-production group, and we agreed a 'Big Plan':



Co-production is a fundamental principle of the Resilience Revolution and we strongly believe that it has to be central to any project or service development. Here are the basic principles of co-production we worked with:

- We are equal partners.
- We establish good peer support networks.
- We get something out of being involved – reciprocity.
- We all work together without the distinction between professionals and people with lived experience (nef, 2013).
- In relation specifically to services, we are seen as having something to offer to them, rather than services just having something to offer to us.

A group of us have previously written some [top tips](#) if you are interested in developing co-production.

By Danielle Aoslin, Danielle Cromer, Vicki Dunham, Emily Gagnon, Kie...

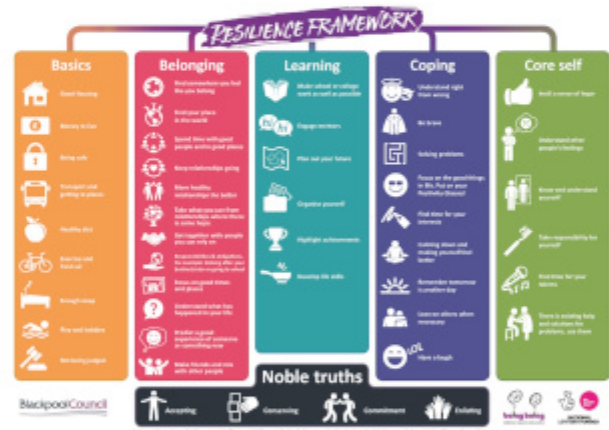


### HOW DID WE GET ON WITH THE BIG PLAN?

Young people said they would like to know what they can do to support themselves and develop their resilience. So, we co-wrote and co-designed 'ReMIT; Resilient Mind Toolbox - a resilience and mental health guide' written by young people for young people. The guide is based on the following:

### Resilience framework

In the guide we show you how to use the Resilience Framework (Hart, Blincow and Thomas, 2007). We find it empowering to know that everyday resilience-building actions, or 'ordinary magic' (Masten, 2014) can bring about big changes and we don't always have to rely on specialist services for change to happen.



### Peer Support

We believe peer support is invaluable for young people's resilience and we often turn to our peers for advice before anyone else. We put together some frequently asked questions to give you the confidence to support your friends.

### Be Informed

We believe having accurate information enables us to be experts in our mental health. We compiled our Top 10 recommended websites, apps and books.

### Community Support

Community support is a valuable resource, which can often be overlooked in favour of traditional mental health services. We detail all the local support available for young people in Blackpool, Fylde and Wyre.

### What now?

ReMIT will be distributed to youth centres, GP surgeries from [www.boingboing.org](#). You can fill in the blank local area. The parents are busy – they have work and carers' which y...

### WHAT DID CO-PRODUCTION...

- "I now have a focus..."
- "It has given me a..."
- "It has given me op..."
- "I have made new..."
- "Keeping busy is a..."
- "Doing this work h...
- myself before"
- "I have really enjoy...
- and in what I can a...

### Want to know...

Do you want to know... [www.boingboing.org](#)  
Do you want to know... See [www.rrblackpool](#)

### References

Hart, A; Blincow, D; Masen, A. 2014. *Ordinary Magic*. Publications. Mind. 2021. *Co-production literature review*.

