

Website sample

Mental health & wellbeing

A preview of the updated Nexsteps resources

Selected pages from the current document follow.

This preview is not the complete workbook, plan or guide.

Original page numbers and references have been retained.

To discuss full access, organisation licensing or an agreed pilot,
use the enquiry form on the Nexsteps website.

Work at the young person's pace with appropriate support.

Follow your organisation's safeguarding and privacy arrangements.

Use current professional plans and local procedures where relevant.

Mental health & wellbeing

UNDERSTAND. TALK. BUILD SKILLS. GET SUPPORT.

A practical workbook for young people aged 16-18 in England. Work at your own pace with a trusted adult, personal adviser, key worker, teacher or adviser.

Your choice

You can use fictional examples, skip a question or take a break. Write, type, draw or ask someone to record your words. No one should ask you to share trauma details to complete an activity.

Using this workbook

Read a topic, discuss the example, practise a small step and review what helped. This is education and support planning, not a diagnosis or treatment. Urgent help: page 43. Contacts: page 51.



1. Understanding mental health

Learn

Mental health includes how we feel, think, cope and connect with others. Everyone has mental health. A difficult day does not automatically mean a mental health condition, and a person with a diagnosis can still have strengths and good days.

Useful to know

Housing, relationships, money, discrimination, illness and change can affect wellbeing. Support can involve practical help as well as talking. This workbook helps you learn skills; its scores do not diagnose illness.

Example to discuss

Riley has moved into supported accommodation and is missing familiar people. Riley is managing cooking but feels unsettled. What practical and emotional support might help?

What wellbeing means to me / two things that help

A need in Riley's situation and a useful response



1. Understanding mental health - practice

Try: a specific task

Choose one everyday thing that supports wellbeing: a regular meal, a manageable activity or a conversation. Plan when to try it; you can use Riley instead of a personal example.

Review without judgement

Use a fictional example or record a real attempt. Note the support used and what changed. You can stop, adapt the task or request professional help. A completed page is not proof that every situation can be managed safely.

My plan: first step / when / where / who can help

What happened / what helped / what got in the way

What I learned / an example of progress / next step and review date