



Abigail Gibbins

Abigail was one of the volunteers who identified that some of the participants that she worked with on Mind Matters struggled to understand the information and material used. As part of WakeUP!, she made it her mission to ensure that accessible resources were created so that everyone, regardless of learning ability, is empowered to discuss their feelings with their peers.

My Mental Health project is a youth led initiative that delivers peer-led workshops around mental health and the importance of positive well-being to those who have additional learning needs (ALN). The workshop covers a range of topics including a better understanding of what mental health is, coping strategies that anyone can do for themselves or to help their peers and the importance of positive well-being to our mental health.



"Mental health is so important and everyone should have access to information to get help!"

Rather than focussing on traditional written-based comprehension tasks, Abigail catered to the Champions' interests by involving crafts. She supported young people with additional learning needs to develop an accessible toolkit that raises awareness of mental health and the importance of well-being for other young people with ALN. Abigail encouraged her Champions to deliver their toolkit to other young people and empower them to explain what they created and how it can help improve a person's well-being. In total, she and the other Champions delivered to over 50 young people in youth centres and secondary schools with additional learning needs who provided feedback on the toolkit that was created.

