



# THE JOURNEY & ARTWORK

Lost Voices is a FME Programme

**FME** FRESH MINDS  
EDUCATION  
HEALING HEARTS & HELPING HANDS

**BBC**  
CHILDREN  
IN NEED

**arts**  
council  
of Northern Ireland



We started our journey together by taking a courageous step into the **HeartSpace** with **Fresh Minds Education**. We all wanted to connect with other young people and explore ways we can talk about things like **bereavement, loss, emotional distress and suicide**.

There were things that we specifically wanted to do for ourselves and other young people when we started out on this project.

**Here are the differences that we decided that we wanted to make:**

- We believe we can pave the pathway to open conversations for other Teens and Young People to overcome the adversity stigmatised to mental health.
- We believe we can make accessibility to mental health resources better for Teens and Young people.
- We want to change the frame of reference in supporting teens and young people to a better one; by us & for us.

We believe that we have worked towards achieving these differences in all points of our journey, we have also felt more empowered to work towards change as we have spent time together getting to know one another online and in person together. There is much that makes us connected, our desires to make a difference for other young people and the life challenges we might have experienced such as bereavement or loss. The deeper we delved into these topics the deeper our passion grew for exploring these topics and creating a resource pack that can be a real source of support for other young minds and hearts to feel held and inspired.

We have hosted and created a safe space for these big conversations to take place with many young people. The content of these conversations has now been used to create resources which we will share with other young people and adults interested in learning from young people so that everyone can learn how to meaningfully help themselves, their young people, their friends, families and others through listening to and using our Lost Voices resources.

We have grown in confidence and our skills have developed being involved in this project. We have expanded our knowledge on these topics and enhanced our research skills and how we approach topics, broadening our toolbox on ways to feel better and keep safe. We have gained presentation skills by speaking to professionals, younger teenagers and sharing our ideas and. We have undergone different professional training such as safeguarding children and adults, First Aid and Connections Link-Life Suicide Prevention this has made us confident helpers and gave us great experience going forwards into our next phase of life.

## Getting on our feet with the project

Week by week we developed our bond as a group, exploring our ideas and what the project might become, we engage in lots of activities to explore the topics and to get to know one another, here are a few highlights from the beginning of our journey.



Breaking the ice with a **Spaghetti and Marshmallow** - team building exercise.



We started to feel very professional with our lovely **Headshots** one of many graphic artwork opportunities provided for us by Devine Design.

**Planning the awards** allowed us to express what things were important for us, and what the name and message of an award might be that recognises someone's journey around mental health, bereavement or loss or for how someone has overcome adversity.

Getting our topics finalised for our podcasts we created a **Bereavement umbrella**.

We discussed the Voices Thrive Summer Programme and what this means for the project, a chance to lead activities, discussions and host podcasts with younger teens.

**Revealing the final design of the awards and delivering to All about us.**

We explored some Relaxation meditation using the **Alexander Technique**.



The group did a practice podcast with 'dad jokes' and took turns telling their favourite jokes. **We got comfortable talking** into our new microphones.

We **recorded the scripted** parts of the podcasts which we had been working on before our Summer Programme.



We started getting clearer on what our project goals are...

Delving into the themes of mental health and bereavement through drama exercises. **Leaving a Voice mail Activity**, exploring what it means to be a person and how many others are connected to us. We had fun **Hosting a Talk show** and exploring characters, practicing our Hosting Skills.



**Team Day**, Building our relationships and having lots of fun on a day out to **Prison Island**!

Exploring our **inside and outside Cardboard Box**, sharing what we show the outside world and what might we keep inside.



We practiced a **Hope Activity** before our Voices Thrive Summer Programme, exploring what hope is and what we hope for ourselves and our own lives.



**Attending the awards** & representing the awards, expressing the importance of

the Youth Mental Health project and demonstrating how we can help other young people.

**Drama** got us feeling more confident to lead our summer programme, we got lot of cool ideas for games and activities we can use with the young people attending.

As part of getting ready to facilitate with other Young People we received training in **First Aid** and **Safeguarding Children & Young People**. After all its important to keep minds, bodies, systems and environments safe when undertaking this type of work.



**Baton of Hope** Some of our group volunteered to take part on this day, we went out into the community representing Fresh Minds Education and focused on spreading messages of hope, encouragement and connection. Assisting the charity to connect with many people and giving out flyers and messages that helped to promote FME and connections.



**Our Hopeful Hot Chocolate Campaign** engaged with 630 16-19year olds in the community who received one of our Hopeful Hot Chocolate connecting them with our platform and fashioned with a special message of hope from one of our leaders.



### Receiving our Certificates and celebrating

the massive achievement of Hosting our Summer Programme felt like our first victory and allowed us time to reflect on how far we have come.



Pizza was a feature of our meet ups – these bodies need energised. We reached out to **Domino's in Antrim** about our Link-Life Campaign, and they donated lunch for all of us Young Leaders and Champions who attended.

**We are working hard towards The Launch** for our website, podcasts and other online resources. This will be accessible information and research around mental health topics, bereavement, loss and emotional distress. Our website will also include an area for places that people can get support or find contact/signposting information. The animated podcast and online resources will be used by youth leaders, schools and any adults wanting to learn more about Teen Mental Health and explore bereavement, loss, emotional distress and suicide with the young people in their life

.... and there were many more opportunities for laughter, connection and deep dives but these were our highlights!





**Voices Thrive Summer Programme** – presentations and discussions allowed the young people attending a safe space to talk about their feelings and thoughts around our three topics and to find out more about what our leaders thinking feel too. We demonstrated how you can create spaces for these conversations to take place and to learn from one another.



We attended our **two-day event of Link-life Suicide Prevention Training**, where we made posters and hosted our Bereaved by Suicide Podcast

**St. Johns ambulance** invited us to attend their Annual Youth Conference and talk about our Lost Voices Platform and Resources. Orláith attended and presented to up to 100 youth leaders from St. Johns, exploring and demonstrating our resources.



# The Artists who assisted the young people:

## **Catherine May - Our Young Leader**

Catherine-May is a breath of Fresh Air and on-boarded us onto our journey with Fresh Minds Education. She was encouraging and made us feel very comfortable as a group.

She was able to do this as she too had been a young person who had been a Youth Leader for **Fresh Minds** Programmes in the past and so understood the difference this could make to our lives just as it did for her.

She inspired us to get involved in all of the opportunities, discussions and activities. It was great to have her present for this process and to support us on achieving our goals.

## **Jane - Our Project Lead & Writer**

Jane created a space where we could open- up about things we felt and thought, she facilitated us in our journey and helped us get clear on the changes we wanted to make.

Jane was able to advise us on how to achieve these goals and gave us the confidence to lead by example, how to create a safe space for the younger people we would be hosting our podcasts and events for.

Jane encouraged us to express ourselves and supported us in our poem making, script writing and presentations. Jane helped us on our journey to grow confidence throughout the weeks with drama games and creative discussions.

## **Michael - Our film maker/Animator**

Michael helped us with our podcast as he was able to help us capture the important conversations taking place, so no one's voice was lost, he was able to advise us on the best set up for us to have conversations and assisted us to put it all together.

He encouraged us to think about what way we should cut the content to make it more enjoyable to listen to. He created short videos for us that will help to promote the campaign and to raise awareness around Young Peoples Mental Health and the project.

He created animations for us to make our podcasts even more enjoyable to listen to and watch.

## **Robert - Visual Artist**

Robert assisted us in making artwork posters, self-portrait animation profiles and art activities. This meant we could create art whilst learning skills on how we can create art that is personal to us and can be adapted to create resources for sharing with other young people. Robert took us through how to create cards and envelopes which we used to make our messages of hope.

He taught us a lot of valuable skills for expressing ourselves and creating beautiful authentic works of art, skills we can take into other areas of our life, work and learning.



## **Mary – Our Drama Teacher**

Mary introduced us to safe play; she established a safe space for us to explore drama and how we can use this during our summer programme. She demonstrated how to lead activities and exercises and encouraged us to lead them ourselves with our new-found confidence.

This came to light for us when we engaged with each other and the Young Teens as we did so with ease and confidence. The positivity she brought into the space made something that seemed scary, fun! It was great to have her present at the summer programme as she is highly skilled and was a positive influence on the group.

## **Charlene – Devine Design**

Collaborating with Charlene made it possible for us to have awards, resources, a platform, headshots and so much more! She listened to our ideas and took our original designs and used her expertise to make them a reality.

She captured our group with our headshots, making us feel comfortable in our own skin and enjoy doing something fun and different together. Charlene designed and printed our t-shirts for the summer programme, printed our manifestos, certificates, hopeful hot chocolates and worked incredibly hard to create our website and all our other online resources.

She really became the thread that bound the whole project together and because of her support we feel very proud of how the whole project looks and feels for other young people to connect with.

# THE ART

What is it about this image that reflects a message you would like to communicate?

Why did you choose the image/the colours?

What does it represent to you?

What was it like to communicate your story through art?

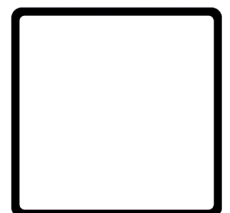
How do you feel about the poem?

Why do you want other young people to get this message?



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**BEREAVEMENT BY SUICIDE** COLLECTION**Not Alone Under Clouds**

We know from learning about the **AMBER Approach** we need to have an **ANCHOR**.

Sometimes things can feel so lonely, that we are alone in our grief, yet we will all experience bereavement in our lifetime.

We choose these colours and image as it shows how things can seem dark and cloudy. But to remember to connect with friends, family, a trusted adult. To connect is so important for us to work through our feelings.

**Shatters**

The sudden impact of a death by suicide shatters those it touches, the ripple effect, we wanted to use these elements in the image to reflect how things can feel shattered, and we have pieces to pick up and put back together. Building our life up again.

We hope this encourages young people who might be wanting to reach out for help to know they aren't alone. There is help here on our platform, you are not alone.



**BEREAVEMENT BY SUICIDE COLLECTION****Rainbows in a Grey Sky**

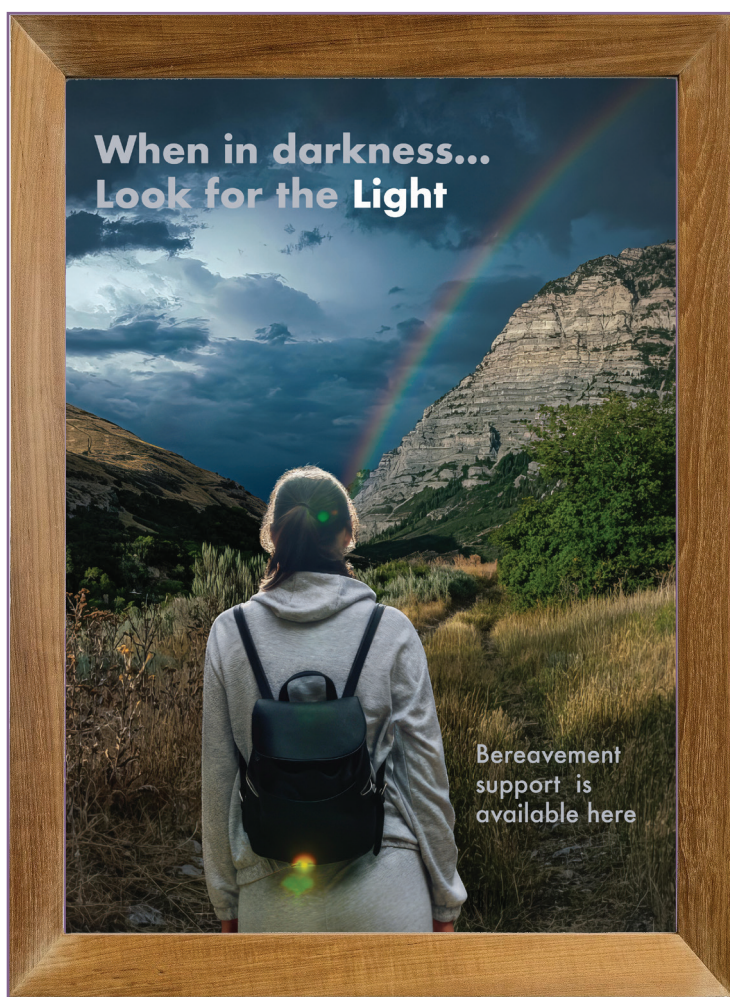
We want young people to find the best ways for them to help with their journey of bereavement. We choose this image as sometimes working through big emotions feel like trying to climb a mountain. But there are beautiful things to see along the way, just like a rainbow amongst the grey clouds.

**Sudden Loss**

We wanted to show that we feel when we think about grief, we chose the elements in this poster to reflect that, the picture shows siblings, or close loved ones, who are comforting each other. We wanted the image to look drained of colour, to reflect how things feel when you have had a sudden bereavement, that the colour has left your life and things feel dull, or dark.

We know sometimes we feel we do not have the right words to comfort someone who has had a bereavement, we want them to know we care, and we are there.

We also found through sharing with each other, that there is no right way to grieve, this will be different for everyone, and that is okay.



**BEREAVEMENT BY SUICIDE** COLLECTION**In the Depths  
of Darkness  
There is Light**

We wanted to show that there are always glimmers of hope, even when things are feeling in the dark. We choose the elements of this image to show the glimpses of light coming through dark clouds.

From connecting with supports we want you to know that hope will show itself again.

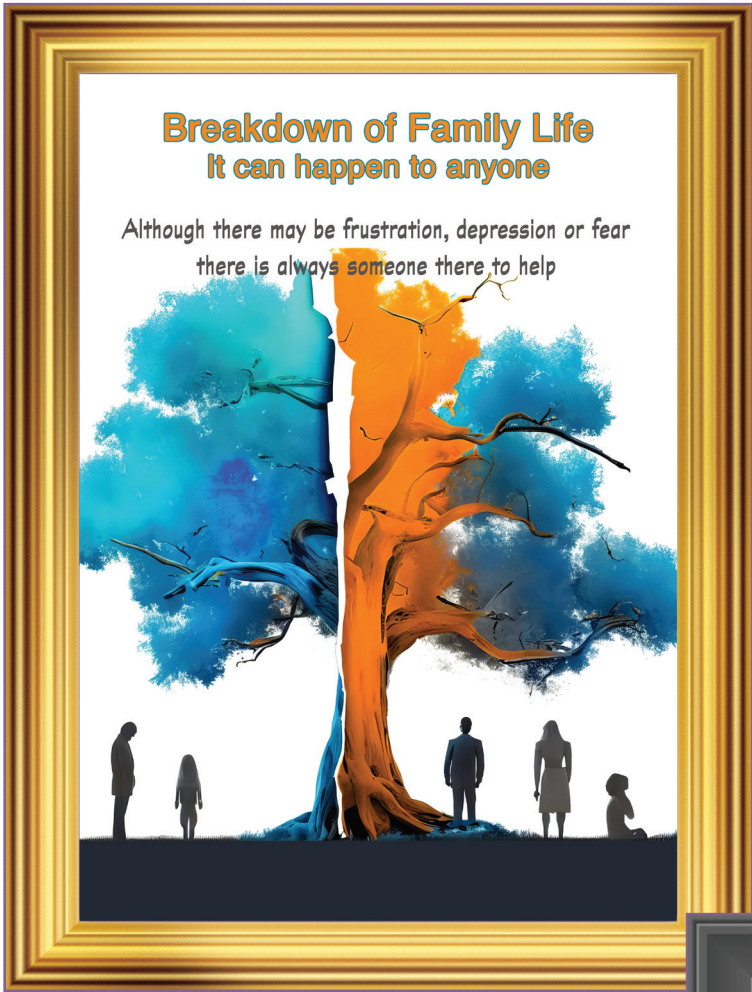
**Look for The Light**

Sometimes hope can be an easy thing to have or to find, and sometimes it can be more challenging to hold onto. We wanted to express what this might look like, a hopeful path, full of bright vibrant colours right in front of us.

We have shared some ways you can boost hope your way, these are things we have shared with one another that work for us, and things we have learnt from the **AMBER** Approach.



BREAKDOWN OF FAMILY
 COLLECTION



Changing Colours  
of Family Trees

We know our family dynamic might change and look different as we move through our lives, the look of our family tree might change.

We like how this poster shows the difference in the tree and how it might shift. We have spaced all the silhouettes to reflect how you can feel really alone in times like this, but there is always someone there to help.



In Between

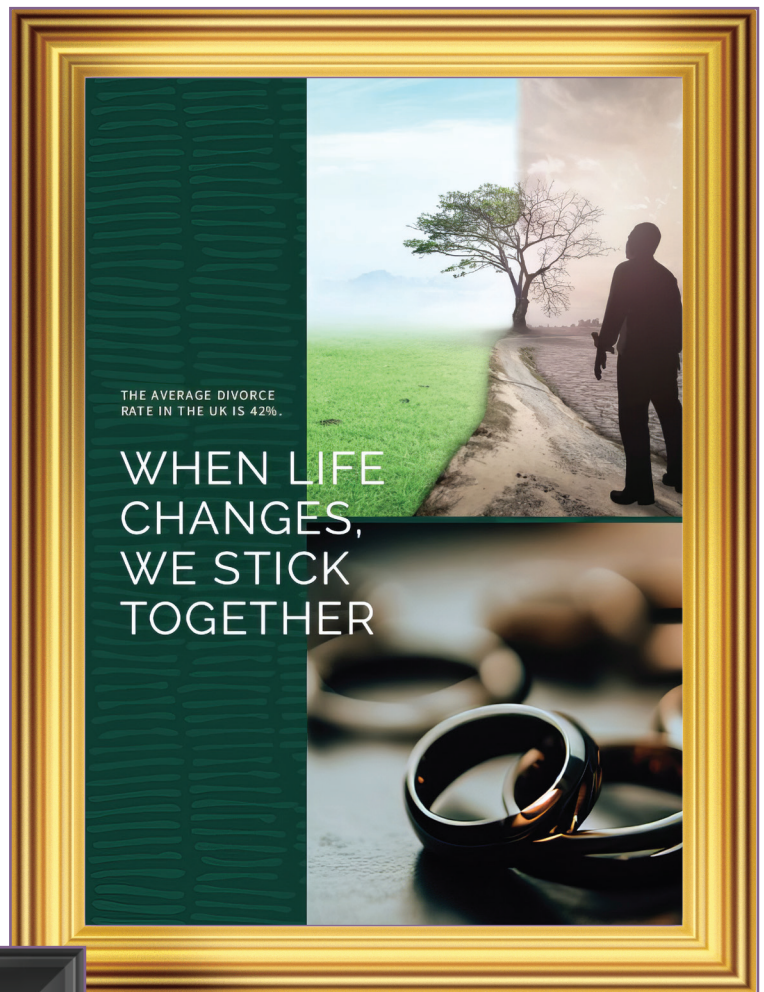
Changes can be scary, but also come with hope. We wanted to show that there are still things that can light up your life when you move into the next phase of your journey. This is why we created this poster with the light coming through the door. Moving between homes can feel too much to handle on your own. We want you to know there is support.



**BREAKDOWN OF FAMILY** COLLECTION**Bonds That Won't Break**

We discovered how many of us are affected by a parental breakup or some sort of separation in our family life. We discussed what things were important to us in times like this, we want to know that our bonds with our caregivers are still there even if they have drifted apart.

We choose the greens and nature elements of this poster to reflect the possibility for things to grow from a change like a parental separation. There is hope for these changes to be positive ones, but we still might need support, and we discuss these changes and how we might navigate through them on our platform. You aren't alone in your situation.

**Broken Family  
Broken Heart**

Talking helps, sharing helps and connecting helps. We will all have times when things do not feel okay, and we are not okay. But let us talk.

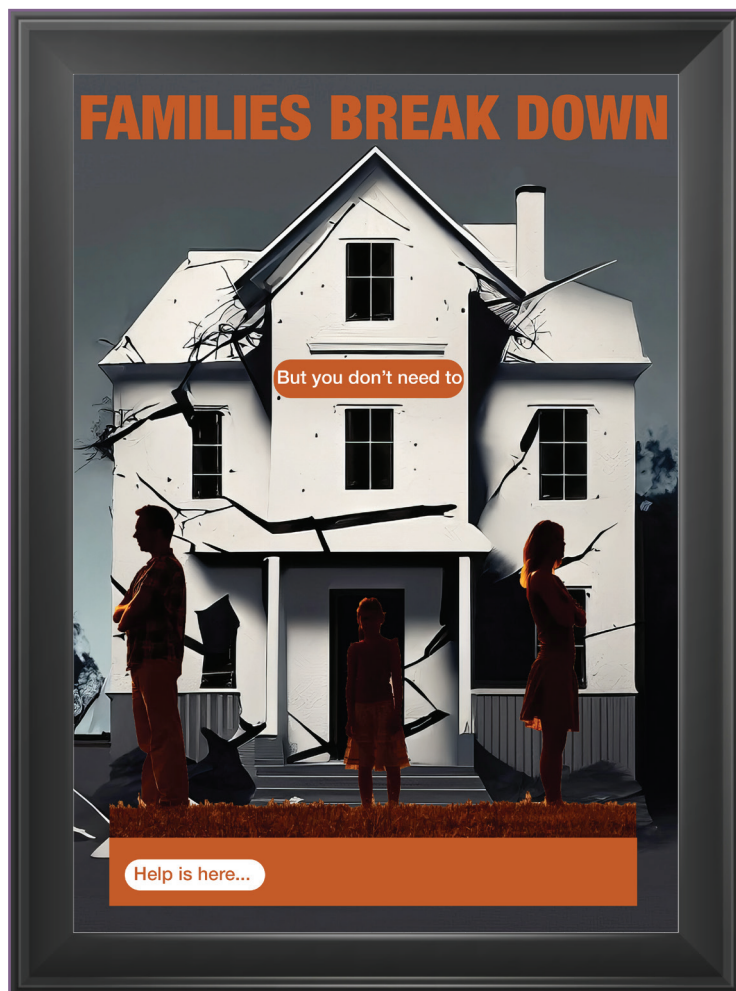
We chose the elements in this image as it reflects how lonely we can feel when we have big emotions and feel like we are not okay. We chose the cool blues and the image to reflect this, and this is how looks to feel like we are not okay, and alone with these feelings.



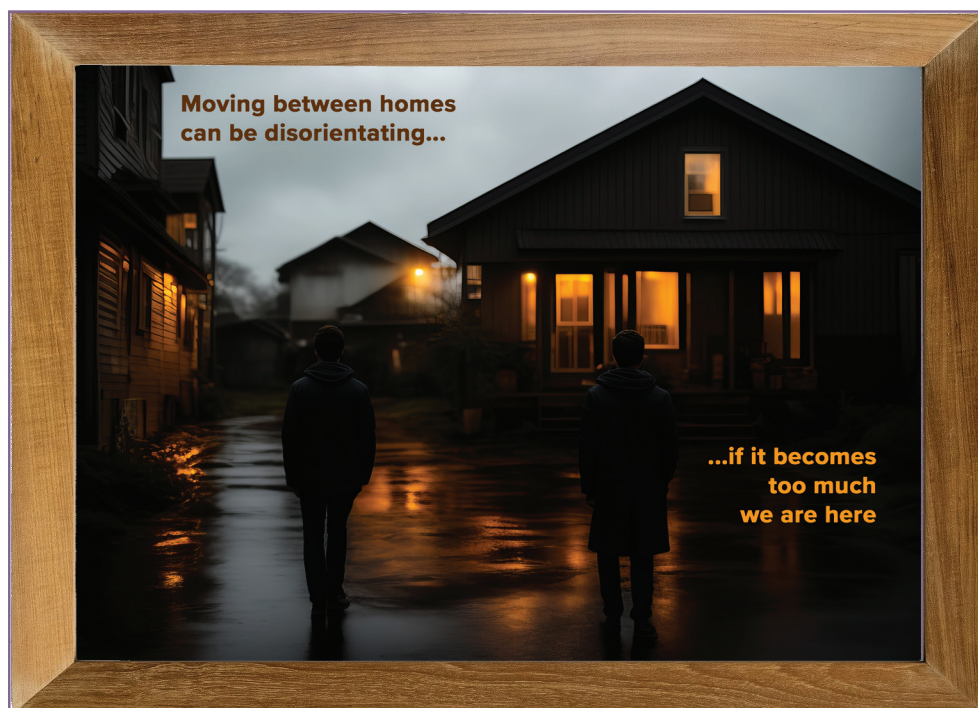
**BREAKDOWN OF FAMILY** COLLECTION**Slipping Pieces**

We wanted to show how it might feel to have your home life breakdown, the pieces might feel like they are crumbling apart, and home not feel like a safe place. You might feel you are in-between parents who are not communicating, and you might feel stuck. We choose orange as its connected to feeling afraid, something we feel could be a prominent emotion in situations like this.

Sometimes you can feel unsupported when you have a breakdown in your family life. We know sometimes you might not have someone in your family that you can talk to about how you are feeling or what you are experiencing. But we want you to know there is help you can reach out to and someone who can support, we hope you can use our resources to feel like you are not alone in your situation. And that there are ways we have shared to feel better or keep safe that you would like to try and explore.

**Different Doors**

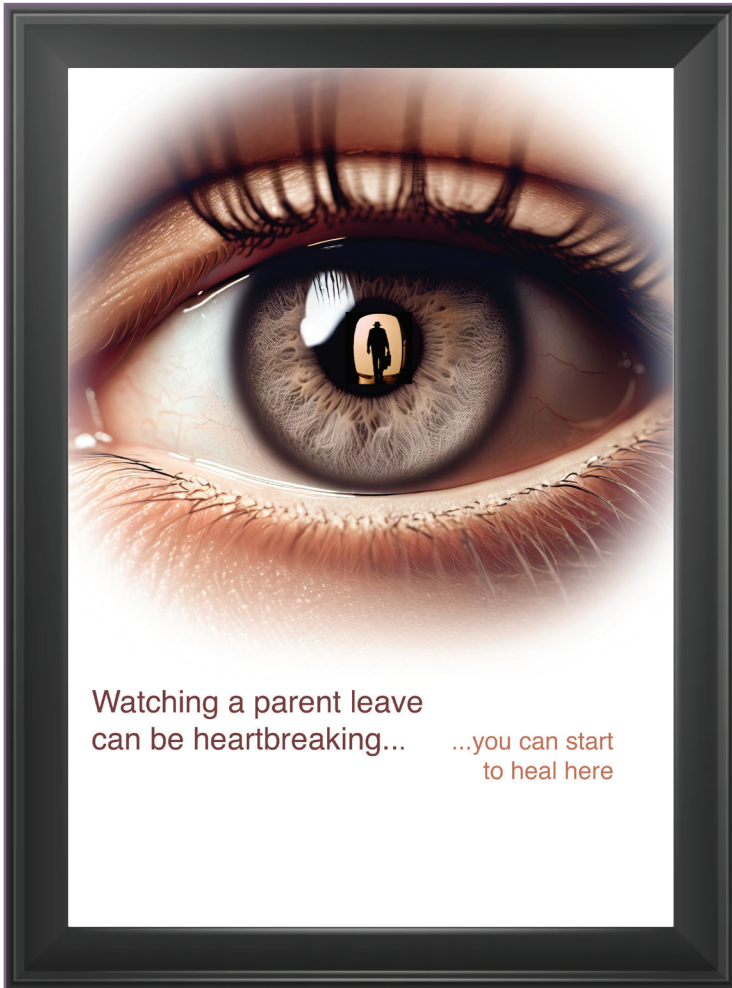
We choose this picture as it shows how dark it might feel in our lives when we are moving between homes, the light shining from the inside of the houses hints to the fact we can still have warmth and support even if it feels disorientating for now.



**BREAKDOWN OF FAMILY** COLLECTION**Watching You Leave**

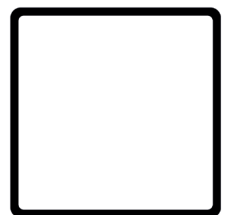
We wanted to show how little control we feel over the situations that happen around us, we feel that we have no say or that we are just watching something happen in front of us. This is why we chose to use an eye reflecting the scene of someone leaving the family home.

We want you to know that we are here to help heal hearts, and to support you in times of need.



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**CHANGE OF ENVIRONMENT** COLLECTION**New Chapters**

Sometimes change is exciting, the prospect of going to a new school, making new friends, exploring new subjects and activities. But we know that the adjustment isn't always an easy thing to navigate, we know we might miss our peers and primary school environment. It might be a scary change, but we know it can sometimes be just as exciting as it is scary.

We want you to know there are things that can help you work through these changes if you find things too much.

**Scared, Safe and Supported**

Moving to a new school can be a scary thing. We want you to know that you can be scared but also feel safe and supported.

We choose the super S to explore the idea of doodling, which can be a great way to express ourselves and relieve anxiety. We also wanted to show the different sides to a coin, or a super S in this situation, something can mean we are scared, but we are also safe and supported.



**Moving to a  
new school  
isn't easy...**

**support  
is here**



**CHANGE OF ENVIRONMENT** COLLECTION**Finding Change Hard**

We wanted to show how lonely it might feel when we are going through a change, such as a new school. We choose to use the silhouette of a young person to reflect how it can feel we are being lost in our environment or feel like we are invisible in our struggles.

**Moving Forward**

Sometimes we can only move forward in our journey, and sometimes this is starting over completely, this can be fleeing our home for safety, or as we have no other choice. We know this is never going to be easy, we chose the elements in this poster to reflect the starkness it might feel to leave someone we called 'home' and it might feel a little empty.



## CHANGE OF ENVIRONMENT COLLECTION

### Starting Over

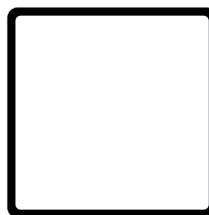
We choose to use these tones of blue and grey to reflect how we might feel sadness or grief, we wanted to show that its okay not to be okay. That when things feel like we are starting over, it is normal to feel sad, or helpless.

We just want you to know that we are here if you need a helping hand as you navigate the changes in your life.



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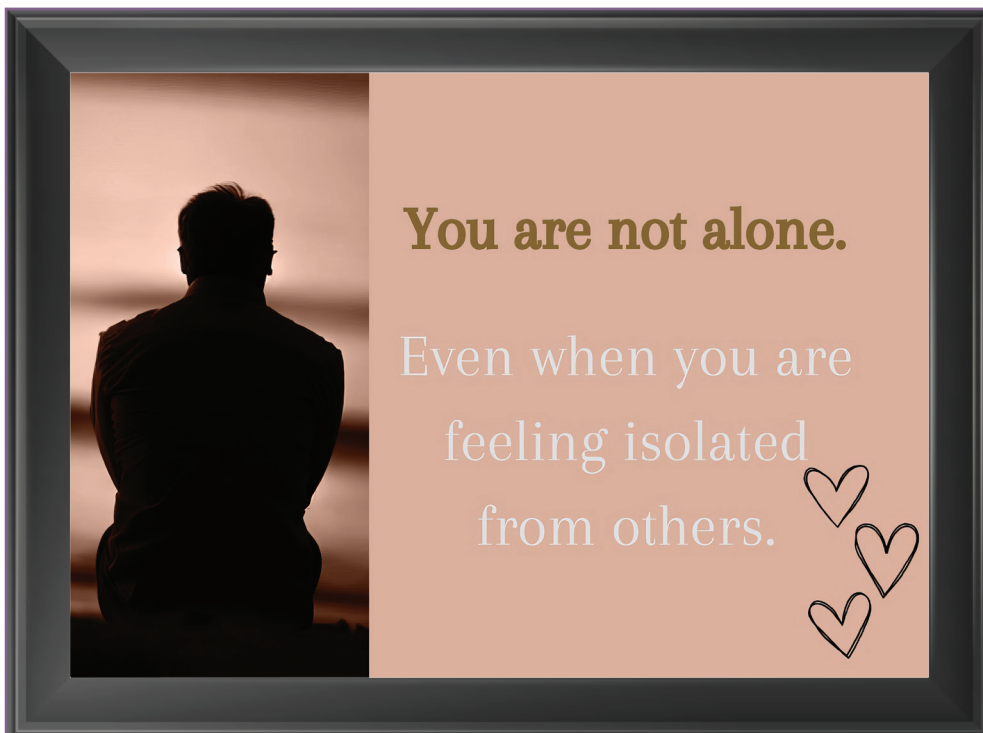
**LET'S TALK ABOUT SUICIDE** COLLECTION**Let's Talk**

It's okay not to be okay sometimes, but we want you to know that talking about things can help, we choose the blues and image to show that things may seem hopeless, sadness might feel overpowering. We wanted to use the white to show that if we open to talking, or reaching out for support, we can feel better.

**Lonely Not Alone**

Even when we are feeling isolated from others, we are not alone. We are not alone in our loneliness. It might feel like we are the only one going through the things we are, or feeling the way we are, but loneliness is something felt by all of us at some point or another.

We wanted to show how it might look to feel lonely, like we have our back to the world or that we aren't being seen. We choose the tones of pink to show how we need to be gentle with ourselves as there are people there, we can reach out to, who will meet us with empathy.



## LET'S TALK ABOUT SUICIDE COLLECTION

## Stopping the Spiral

The spiral that can happen when we have thoughts of suicide can be a difficult one to find our way back from. We wanted to show how this might feel inside of us when we feel this way, like we are spiralling deeper and further away from the world.

We understand how difficult this might feel, but we know it can be harder to feel these things alone. We want you to know help is always available.



## Sudden Heartbreak

For a loved one to pass suddenly, we can feel complete heartbreak.

We wanted to show that it can feel like all the colour has drained from our life and things feel dark and shadowy. We want others to know we understand how hard things must feel.

And we want you to know we are here.



**LET'S TALK ABOUT SUICIDE** COLLECTION**Sudden Loss and Heartbreak**

For a loved one to pass suddenly, we can feel complete heartbreak. We wanted to show that it can feel like all the colour has drained from our life and things feel dark and shadowy. We want others to know we understand how hard things must feel. And we want you to know we are here.

**Take a Moment**

Sometimes we just need to take a moment and remind ourselves of the things that bring us hope. We can remember there is help. We choose these tones to show the gentleness we need to give ourselves, the self-compassion and kindness. We wanted to show the power of taking a moment to reflect.





[www.fmelostvoices.com](http://www.fmelostvoices.com)

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