



Talking about mental health for you and them

How to normalize those
uncomfortable conversations
and understand how to help

Traci Sewell She/Her



I am a tech-adjacent psychotherapist who loves enabling others to unlock the power of the human brain



My therapists have four legs – two equine and two feline

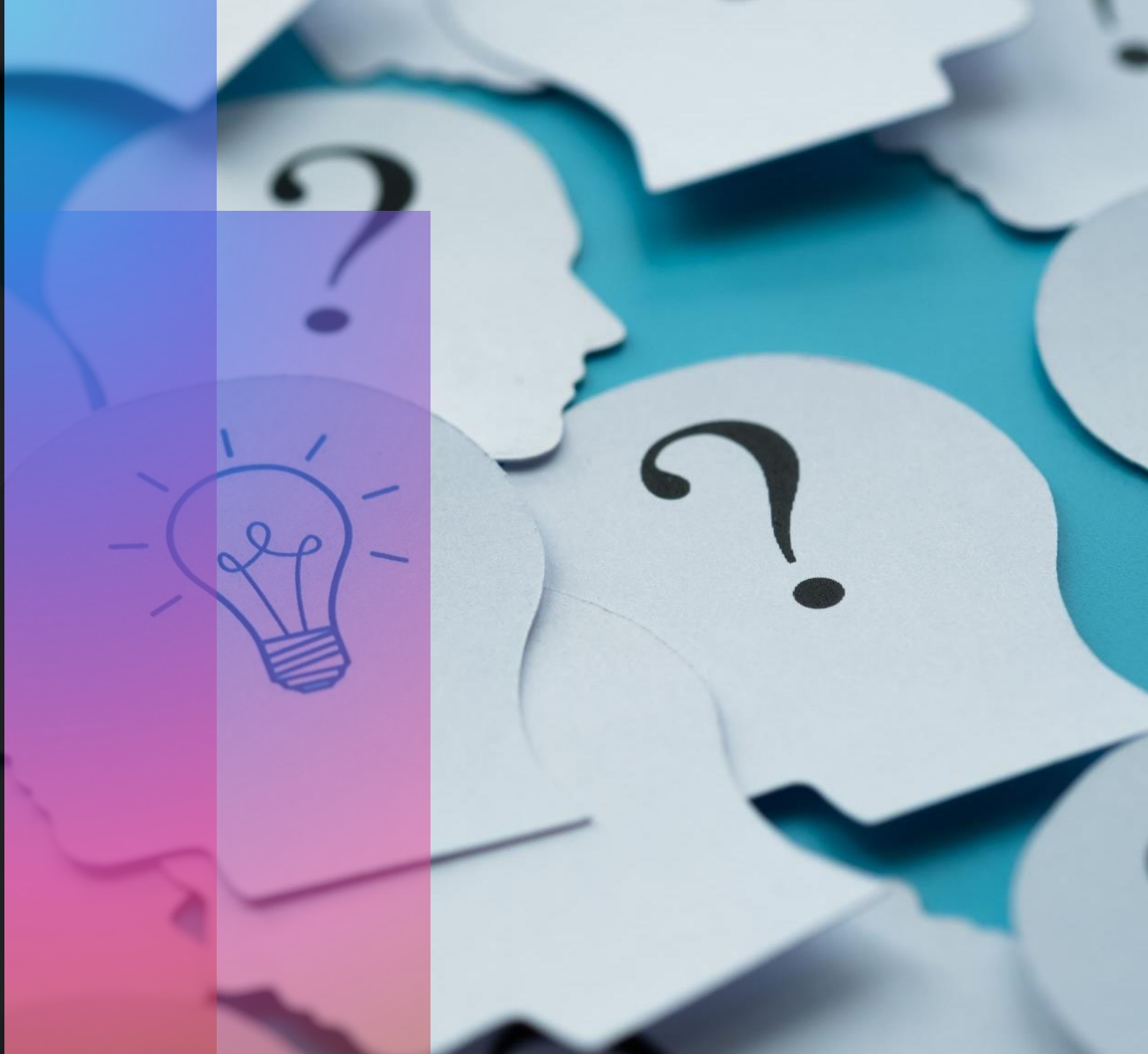


I live in the beautiful countryside of the South of England



I am the DE&I lead for SQLBits

**What is
mental
health?**





It's OK not to be OK

It's OK not to be OK

No one is indestructible

It's OK not to be OK

No one is indestructible



Not being ok is NOT a weakness



It's OK not to be OK

No one is indestructible

A light blue downward-pointing arrow connects the first box to the second.

Not being ok is NOT a weakness

A light blue downward-pointing arrow connects the second box to the third.

Asking for help takes courage

**How do I
know?**



How do I know?



Sleep or
Insomnia

How do I know?



Sleep or
Insomnia



Enthusiasm -
Esteem

How do I know?



Sleep or
Insomnia



Enthusiasm -
Esteem



Plans and
Commitments

How do I know?



Sleep or
Insomnia



Enthusiasm -
Esteem



Plans and
Commitments



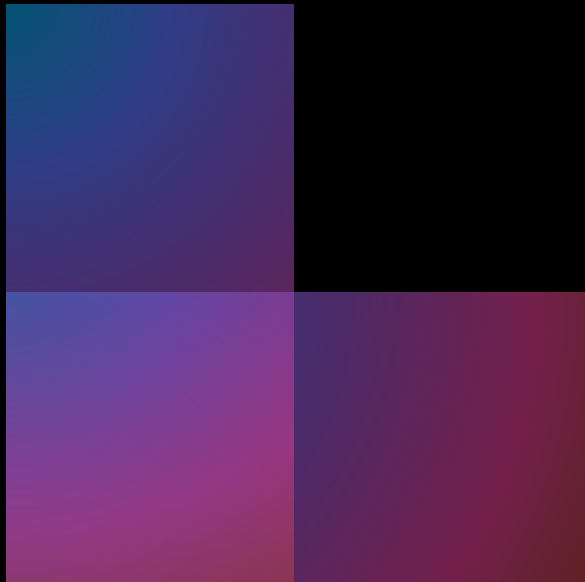
Self-Care

**What
should I
say?**



What should I say?

Listening without judgement is one of the
most valuable things you can offer

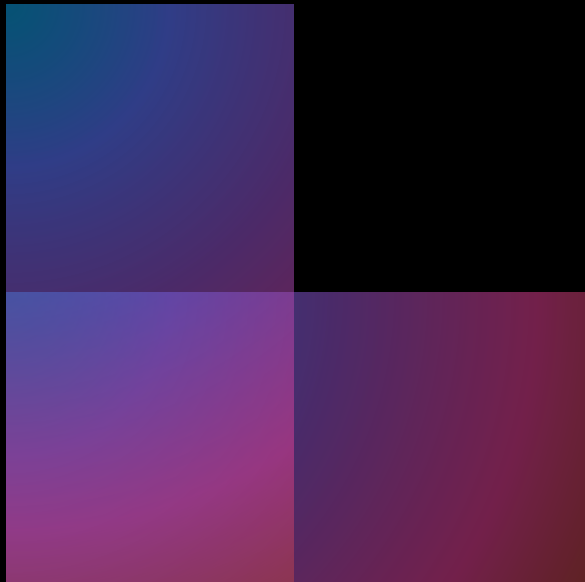


What should I say?

Listening without judgement is one of the
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I don't want make things worse



What should I say?

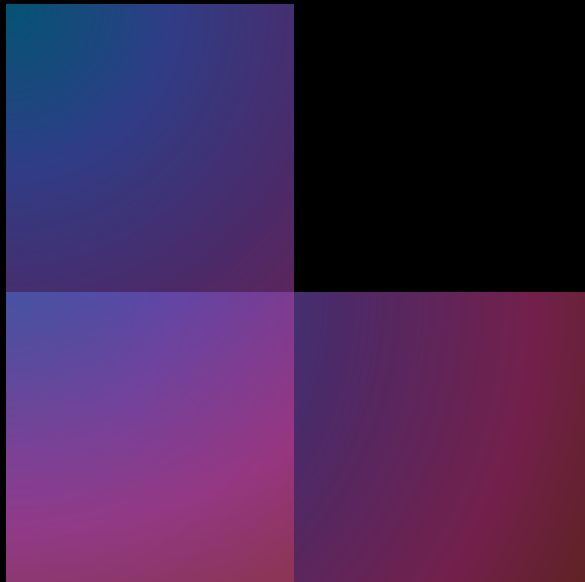
Listening without judgement is one of the most valuable things you can offer



I don't want make things worse



It's not your responsibility to "fix" problems



What should I say?

Listening without judgement is one of the
most valuable things you can offer



I don't want make things worse



It's not your responsibility to "fix"
problems



Not everyone wants solutions, just
validation

What Tools do you have now?

- Long lasting routines
- Self Destructive Habits
- SILENCE
- When to Ask

Any questions?



<https://www.justgiving.com/campaign/thenewforest100>



Jess Pomfret



Traci Sewell



Rob Sewell

Jess, Traci & Rob Take on the New Forest 100 Cycle

Jess, Rob and Traci, are all taking on a personal physical challenge to raise funds for Momentum in Fitness!

They will all be taking part in the 'New Forest 100' - a cycle ride which will take them on a circular route through the New Forest. Jess and Rob will be taking on the longest route of the ride which is an incredible 100 mile (160km) route! Traci will be looking to complete the medium route which equals an impressive 100km.

The ride takes place on 8th June 2024, giving them plenty of time to build up their training to prepare for the big day!

To show your support for the team and give them some motivation for this challenge, please donate using this QR code

Please
donate
here

