

## AMPHORA Guidance for Providers

Connecting people to the past provides an opportunity to learn, but it can also prompt us to reflect on our own personal experiences. Most of the time reflection is positive. It helps us to make sense of our experiences and take a different perspective. However, there are times when reflection is challenging, and how the past makes us feel can take us by surprise and bring up memories and experiences that are difficult to deal with.

When you are organising your activity or event, we recommend you think about the following:



### Before the activity

What themes does your activity cover? Are these potentially sensitive?

- If so, and you are part of a bigger CBA event, find out from the organisers if a mental health first aider will be present.
- If so, and you are working independently, make sure that you can provide this support on site, or that you know about the support CBA signpost to.
- In all cases, provide a summary of what your activity will involve so that people can make an informed decision about participating. Before someone takes part, make sure you have provided this information.



### During the activity

What happens if someone becomes distressed?

- Let them know they can stop taking part at anytime.
- Give them some time to decide if they want to join in again. Sometimes finishing an activity can help make sense of negative experiences.
- Signpost them to the support available on site.
- Make contact with Mind (Infoline: 0300 123 3393) if they need immediate help.



### After the activity

How can I support people afterwards?

- Provide a summary of the activity, which should contain signposting to organisations related to the theme of the activity, who can provide further support.

For guidance on organising/ taking part in heritage-based projects that are designed as therapeutic mental health interventions see the AMPHORA toolkits: scan here →

