

Gaddum ... Carers

Draw a comic about mental health...

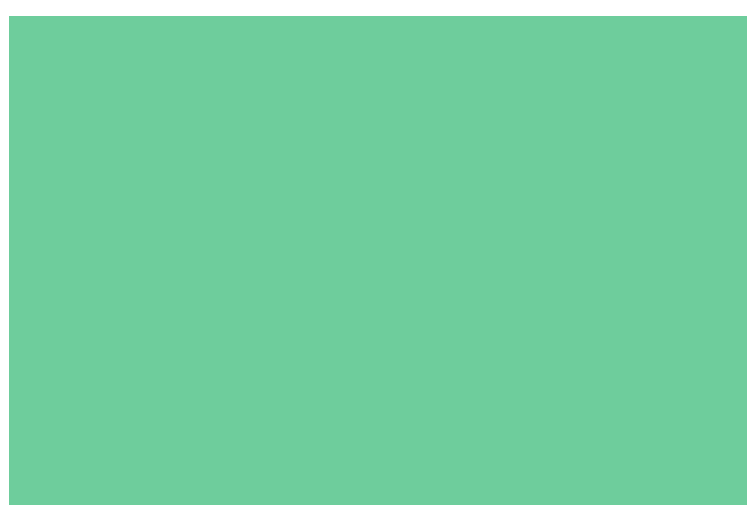
The six-part story method (6PSM) is a tool used within art therapy as an introductory method to facilitate storytelling and problem solving in a constructive way. Follow these steps and make a drawing in each box below as suggested, or fold an A4 piece of paper into 6 parts to create your own drawing spaces.

- 1) Create a character and where they are
- 2) What does this character want to do?
- 3) There is a problem stopping them doing what they want to do. What is it?
- 4) What could help with the problem?
- 5) The help is used with the problem.
- 6) What happens next? Did it work?

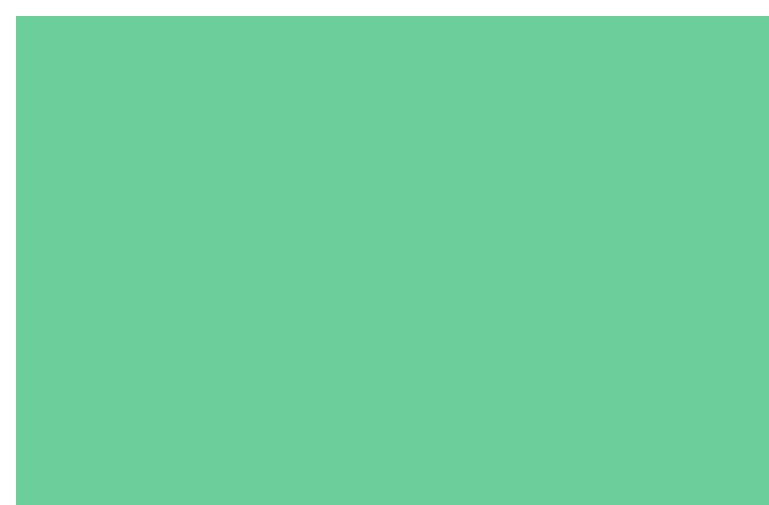
If the help didn't work on the problem, trying drawing another comic with a different possible solution and see if that helps. Let your imagination run wild!



Where and Who



What they want to do



Problem



What would help?



Using help on problem



Does it work?

For information on Shine, our service for young carers in Manchester and Salford call 0161 834 6069 or email shine@gaddum.org.uk

www.gaddum.org.uk