

# U-LYNC

## Mental health

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# Supportive environment

1. We accept people, just as they are, and we avoid making judgments.
2. We allow everyone to share their opinion.
3. If someone shares their personal experience we maintain confidentiality.



# The challenge

Recently, mental health seems to be worsening and reports indicate that young people in the Nordic countries are no exception. This was true before Covid but experts fear that we may see an even greater decline in the aftermath of the epidemic.

Research on the causes of this decline has made some progress but it is not yet fully clear why this is happening.

Generally, we know that factors like access to effective treatment (including waitlists and cost), stigma/shame around mental health, trauma, and social connectedness vs. isolation matter but we are missing some understanding of what exactly is affecting youth's mental health and, more importantly, how to turn this around.

# The solution

You, as participants in U-LYNC, have an opportunity to help solve this puzzle and make sure young people's voices are heard.

Before coming to the mental health workshop, **think about some of the things you feel may have affected your mental health and also other young people in your life. Write down 2-3 things and brainstorm about possible solutions.**



**We are excited to  
see you in  
Reykjavík!**

