

Mental Health

Theme Workshop 23. November 2023

Meeting Minutes:

Theme Exploration 1

What are the most common mental health problems young people are facing?

How can we help those who are having mental health problems?

Theme Exploration 1 - Discussion Summary:

- School is stressful and can increase anxiety.
- Psychological support in schools would help a lot.
- Many psychological issues are not diagnosed, e.g. loneliness: education is needed on these issues – more knowledge is needed.
- Psychologists need to be more accessible to young people.
- It is important for teachers to consider the well-being of students.
- It would be good to have a psychologist in schools or at least accessible.
- There should be more focus on preventive work.
- Many people experience stigma towards mental illness.
- The school is important and you can have a big impact there.

Theme Exploration 2

What can families, schools, friends and other similar groups do to support young people's mental health?

What can be done to make mental health help more accessible?

Theme Exploration 2 - Discussion Summary:

- Have a "safe space" for those who need it.
- Tolerance from families and friends and schools and support.
- Sometimes we have to walk up to people and ask in more detail and show support if we think something is wrong - "check-in" on people.

- We need to know the symptoms if something is wrong – there is a need to educate about these things.
- Better access to help – it currently costs too much and there are long waits for help.
- It seems cool to sleep too little, drink energy drinks and go to parties that are not good for your mental health.
- You should be able to talk openly about how you feel with people.
- Improve access to a psychologist.
- Talking about mental health is taboo – it shouldn't be that way.
- Educate well where you can get help - e.g. phone number that can be called etc.

Theme Exploration 3

What can we learn from COVID-19 about mental health?

How can we battle loneliness among young people?

Theme Exploration 3 - Discussion Summary:

- It was difficult for many not to be allowed to go out or meet other people.
- People's situations were very different, which made it difficult for people - some were stuck in very difficult situations which made their life during Covid difficult.
- We learned how important it is for us to be with other people – an example of people being without their family at Christmas and New Year, which can be very challenging.
- It was hard not to have a physical social outlet– was brought online which is not the same as meeting people in person.
- Hobbies are often a big part of young people's identity that when it is not possible to practice yourself, you lose a part of yourself and it can be hard.
- You need to have good leisure activities to mobilize young people and prevent loneliness - you need to have a lot on a lot on offer, and you need to find ways to encourage young people to be active.
- Isolation in some cases leads to depression and loneliness.
- For "introverts" there were many positives about Covid - not being around people a lot suited them quite well.
- Good to have and orderly life - many people missed it.
- Some enjoyed being in isolation – just taking one day at a time and getting the chance to calming down.

Ranking Results:

Presentation is closed

Rank the Types of Entertainment

