

action
mental
health



Regional Youth Panel Scoping Exercise Report

(14-17)



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Riádas na hÉireann
Government of Ireland



Northern Ireland
Executive
www.northernireland.gov.uk

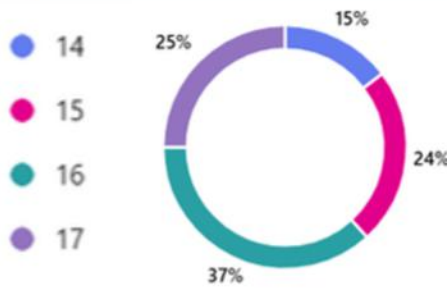
A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

The views and opinions expressed in this report do not necessarily reflect those of the Special EU Programmes Body (SEUPB) or the Programme funders.

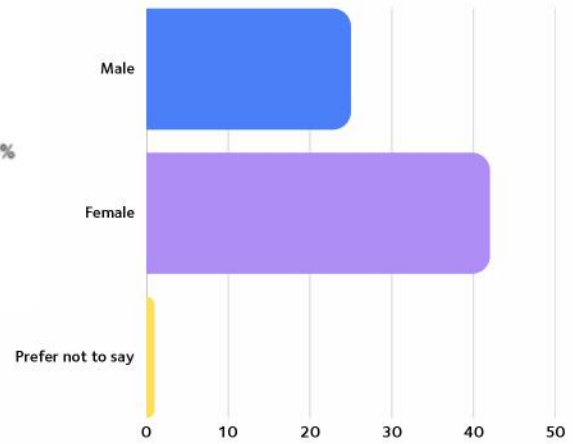
Number of respondents



Age breakdown

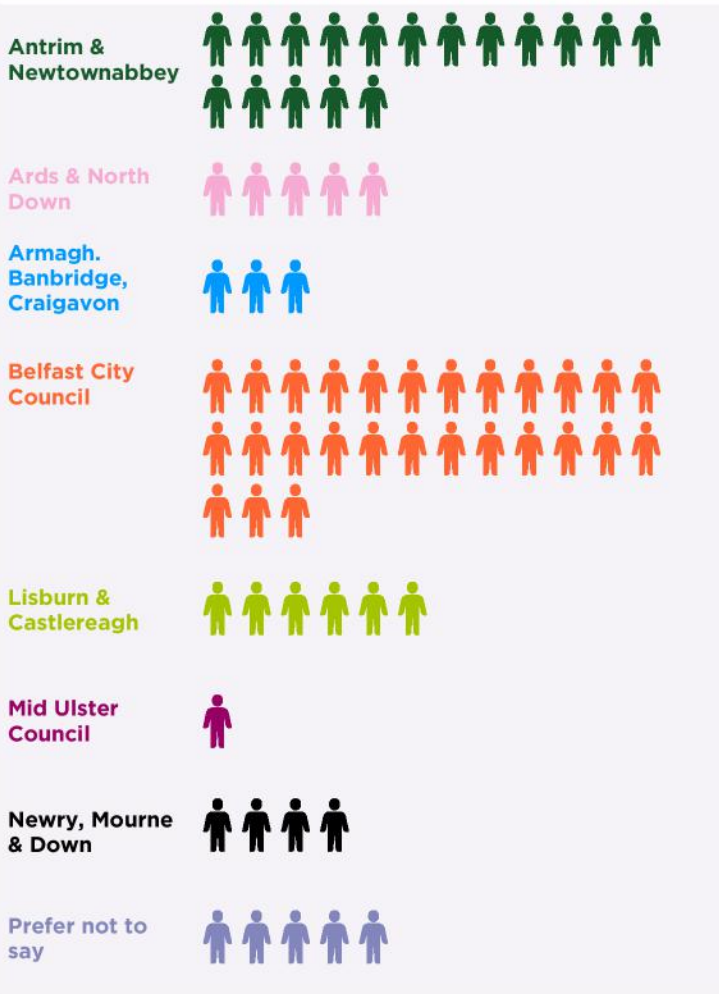


Gender breakdown

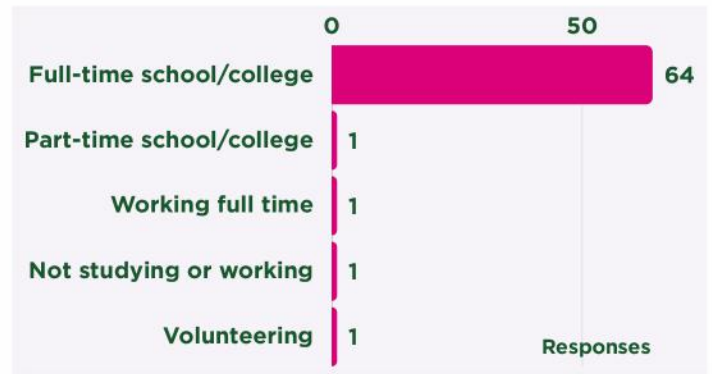


“I think what you are doing is extremely important and appreciate it as a young person that people are wanting and willing to take their own time to help”

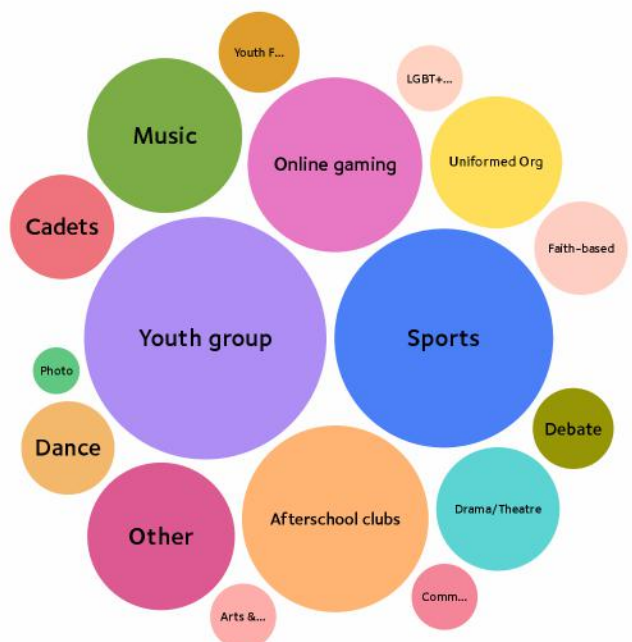
Location



Focus of respondents

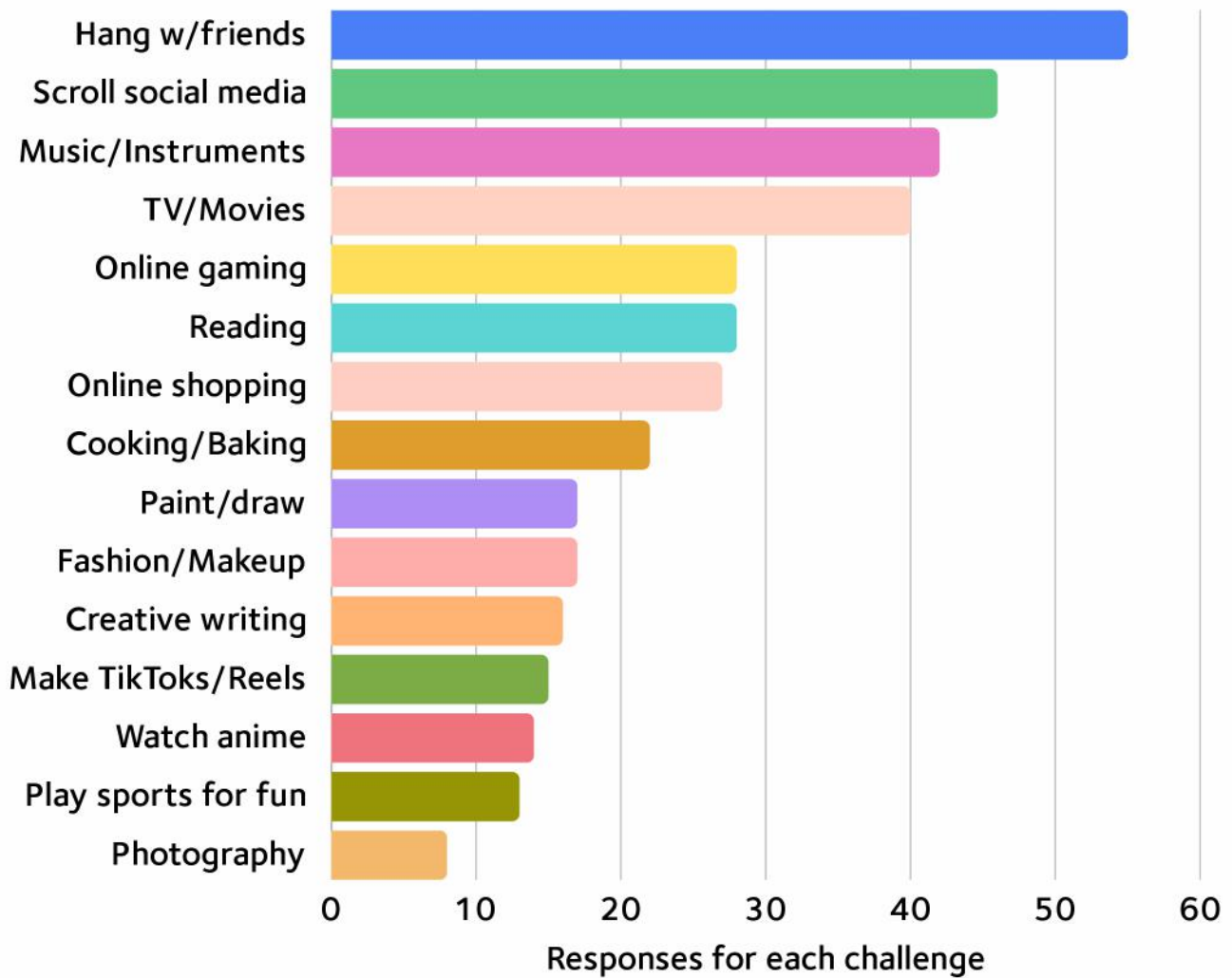


Clubs attended

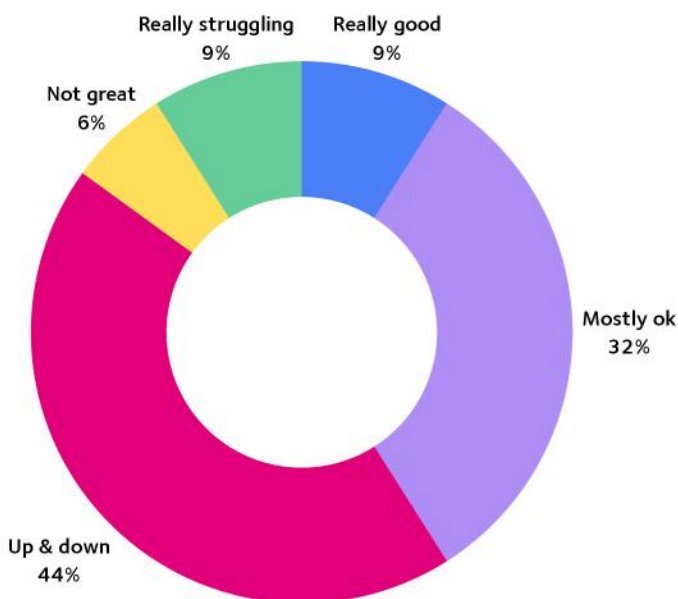


“I think it’s important to make sure that young people know that getting support for mental health, stress, anxiety etc isn’t something to be ashamed of”

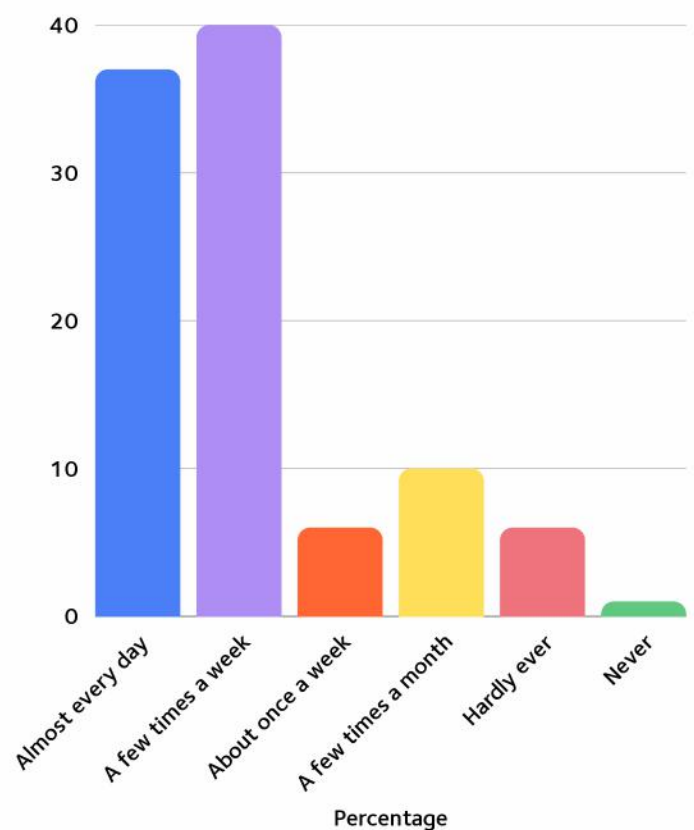
Hobbies & Activities (respondents could select more than one)



How have respondents been feeling regarding their mental health?

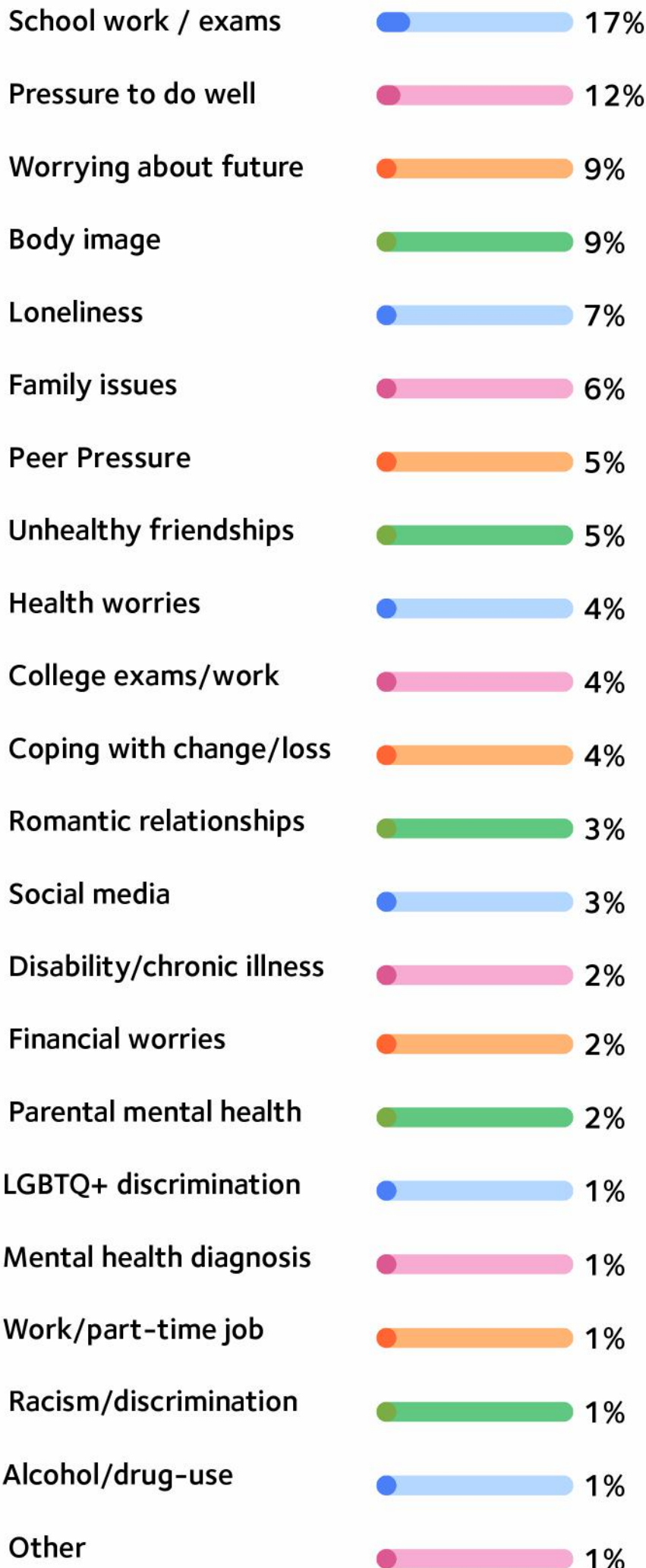


How often have they felt stressed, worried or down?

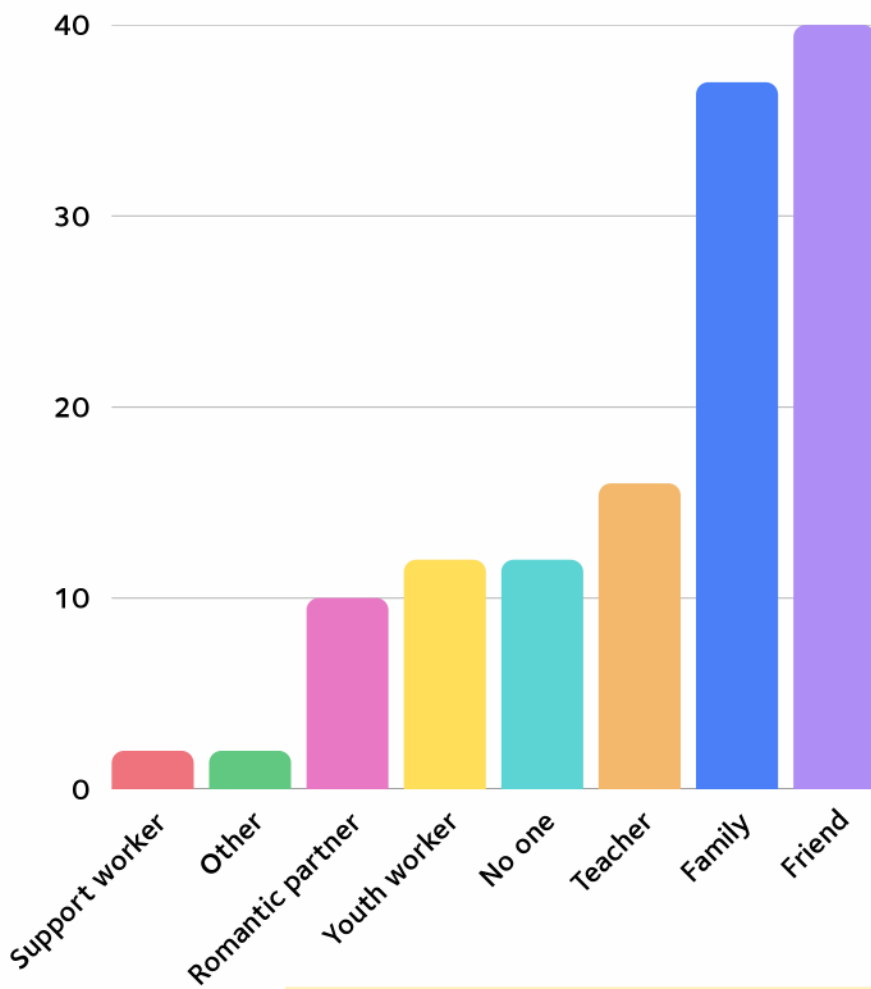


What do you think affects your mental health and emotional wellbeing the most?

(could choose more than one option)



Who can they talk to when things are tough?*

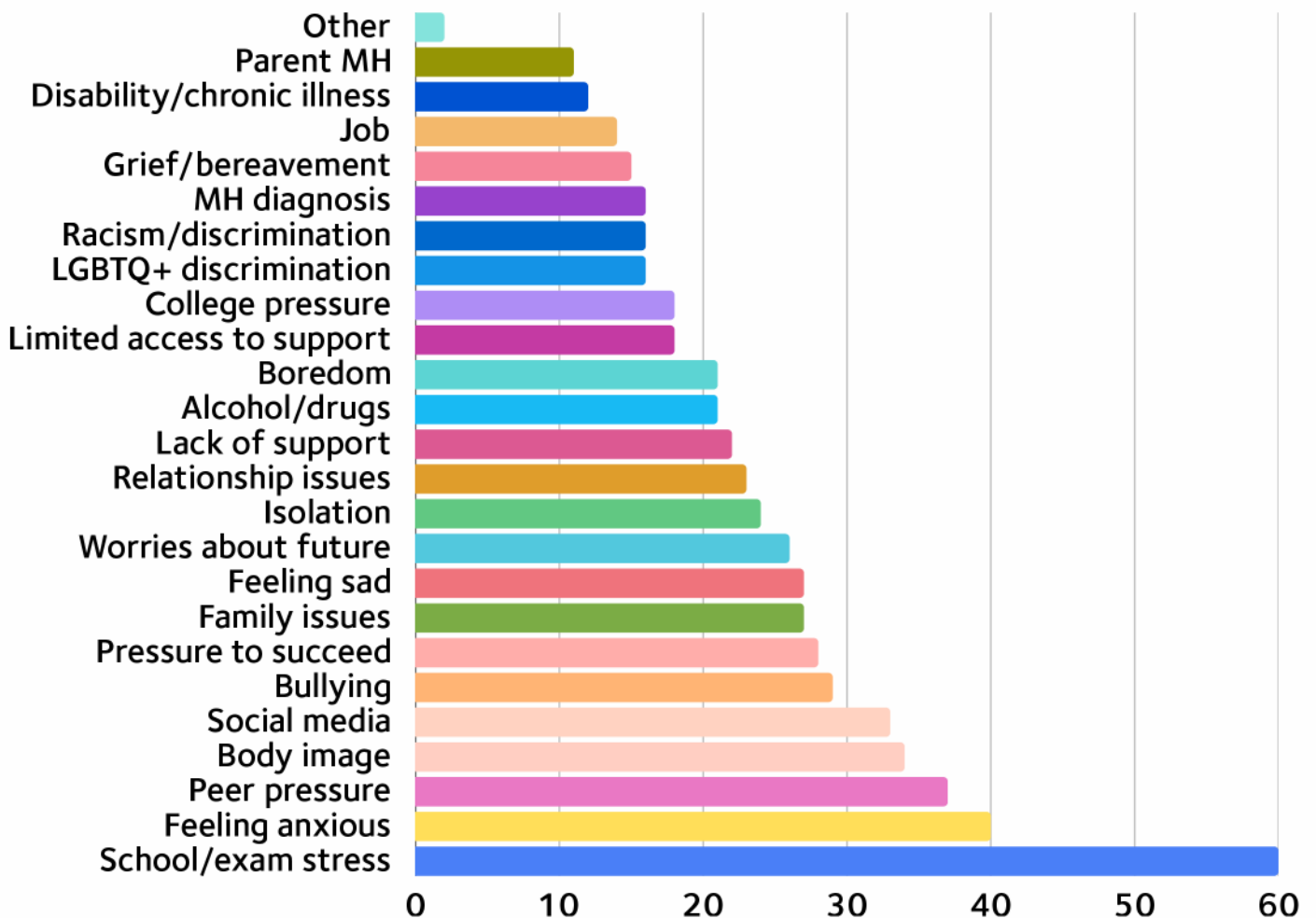


“I definitely think in-school workshops would be helpful, from trained professionals who can be more relatable, knowledgeable and useful to us than teachers.”

“I think you should also educate people on eating disorders and self-harm because many young people struggle with that.”

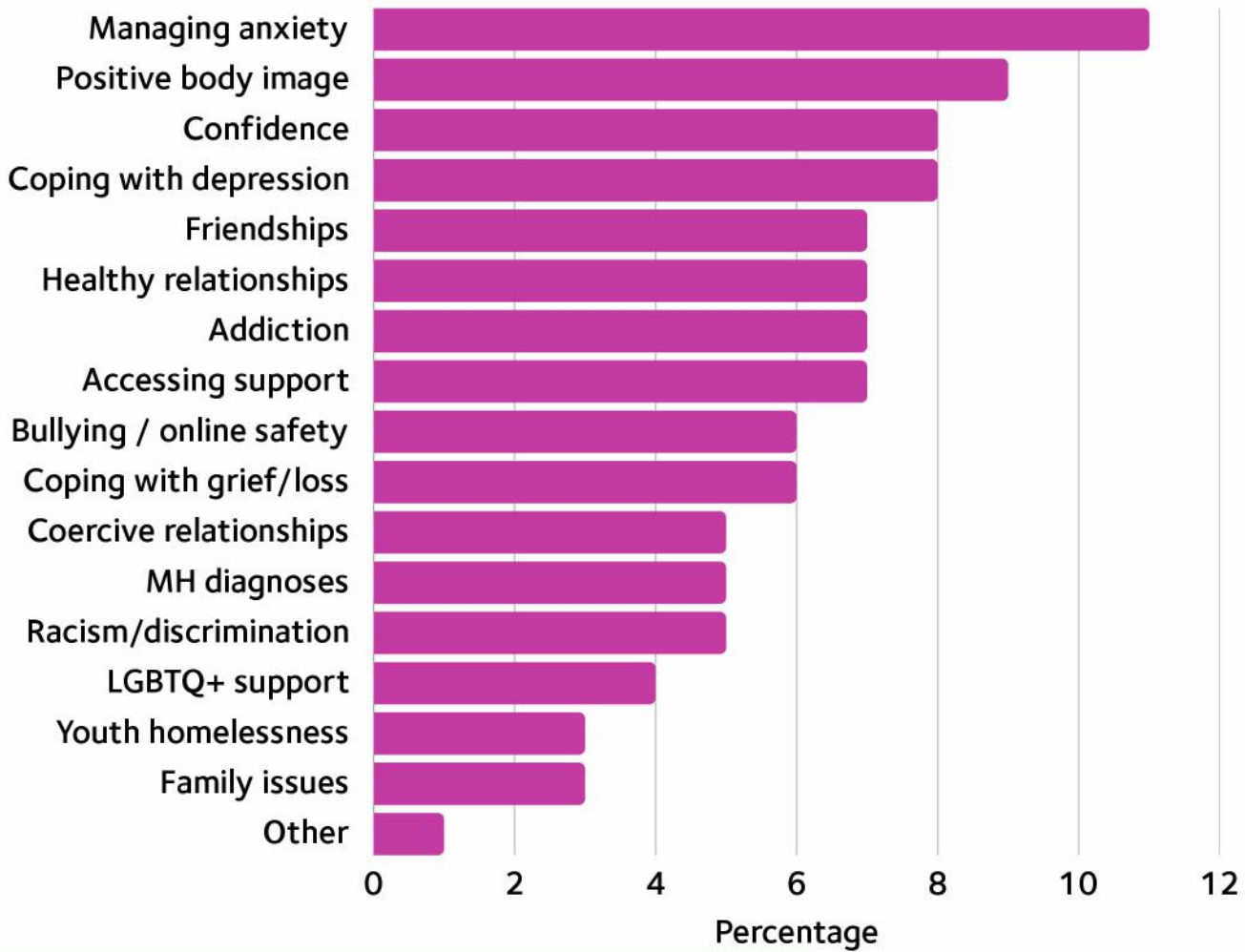
*responses for each – respondents could choose more than one option

Biggest MH challenges facing YP today*



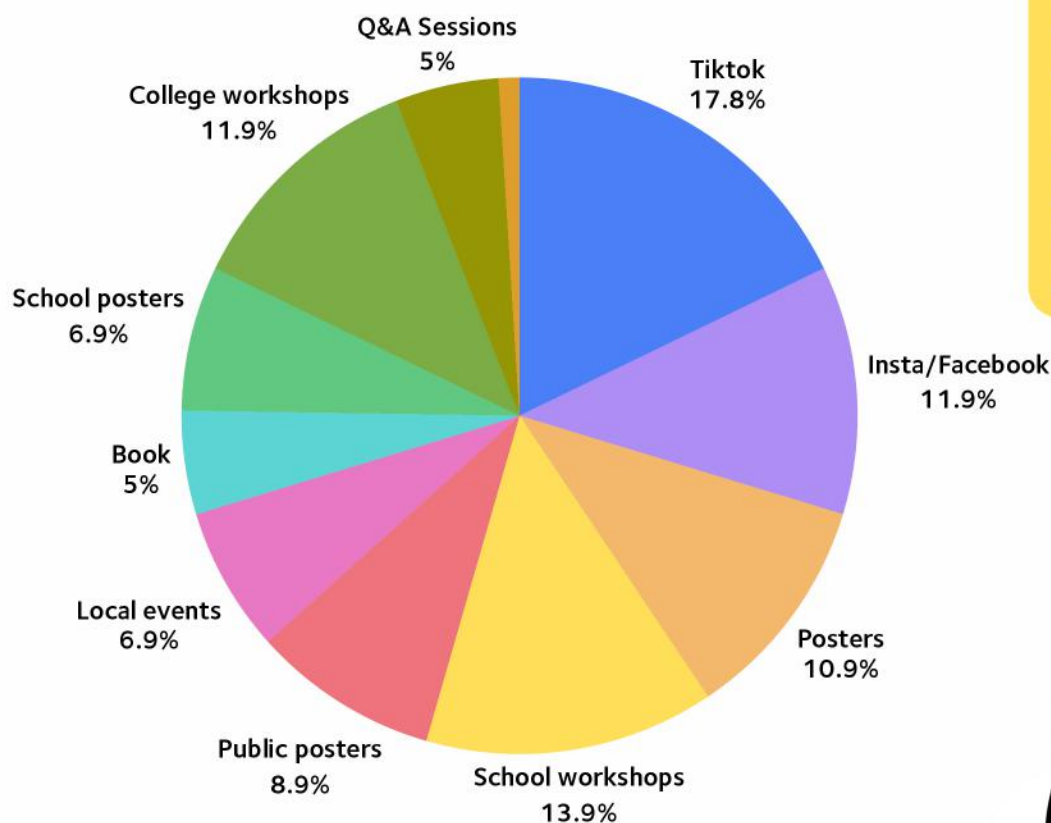
Topics that RYP can focus on*

*(could choose more than one option)



Methods of sharing information & awareness*

*(could choose more than one option)



Other suggestions:

- meaningful games/activities
- specific groups for raising awareness
- news articles
- collab with schools
- door to door
- create a podcast



Final comments...

“I think it’s important to make sure help is available to everyone because I think that help looks different for everyone and while there are many good charities and supports in place for people struggling that don’t cost anything, some people might benefit from other types of support or therapies which may not always be financially accessible to them.”

“I think a workshop might be most effective to spread your message as it gets people physically involved & to have an overall impact on the message they're supposed to take away would be useful, especially for those younger than me.”

“Sometimes it’s embarrassing to say you’re struggling”

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.



www.amh.org.uk



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Riadaid na Míreann
Government of Ireland



Northern Ireland
Executive

OUR Generation is a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).