



Youth mental public health engagement activity #MentalHealthMessages

Aim

- To encourage conversations between young people and adults about youth mental public health.

Audience

- Young people aged 11-25
- Adults – parents, teachers, health practitioners, policy makers

Activity

- Facilitators invite people to write a message about mental health.
 - Young people – What would you like to say to adults about young people's mental health?
 - Adults – What message about mental health would you like to give to young people? You might want to think about a specific young person that you know.
- The person is asked to hold up their message (covering their face) and a photo is taken.
- The photos can be collated into a gallery or used on social media (with permission) using the #mentalhealthmessages.
- People can be as creative as they like with their message, e.g. using drawings or symbols, as long as the messages are clear and easy to read.
- Assure people it is completely anonymous as faces are not visible.

Setting

- Suitable for a wide range of settings including events, conferences, college health and wellbeing day, public engagement festival etc.

Resources

- White board speech bubble shapes which can be wiped clean after each message or print single-use shapes on paper or card
- Pens
- Camera/phone

Mental health support and advice

- If anyone taking part in the activity needs signposting to further information, advice or support for children and young people's mental health, a list of organisations offering this can be found on the TRIUMPH website:

<http://triumph.sphsu.gla.ac.uk/mental-health-information-and-advice/>

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TRIUMPH

#MentalHealth Messages

*Be happy, be
strong - I will
support you!*

*It's good to talk
and I'm listening*

*It's ok to feel
this way,
and it's ok to
ask for help*

@TRIUMPHNetwork



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#MentalHealthMessages

Young people

What would you like
to say to adults about
young people's
mental health?





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Adults

What message about
mental health would
you like to give to
young people?

