

Communic18

Young Scot
Team



#FutureMentalHealth



Year of Young People 2018

@YoYP2018 #YOYP2018 yoyp2018.scot



year of young people
bliadhna na h-òigridh
2018

Who are we? - Communic18



Aaron (@aaronsden)



Alyssa (@faulkner_alysa)



Participation



Equality and Discrimination



Enterprise and Regeneration



Culture



Health and Wellbeing



Education



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Young People and Mental Health

Personal Experiences

- Real stories from some of our 500 Ambassadors across Scotland
- Case Study 1
- Case Study 2



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Influences

- Discuss internal and external influences on a young person's mental health
- Write down these influences on the outline provided



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Barriers and Impacts

- Creating a Healthier Scotland
- 10 Key impacts
- 34 key actions

- 1 Young people are empowered to make decisions.
- 2 Promote preventative measures rather than reactive.
- 3 More awareness and understanding of health and social care.
- 4 Monetary cost to Government is reduced.
- 5 Stigma/discrimination is reduced.
- 6 Encourage a more open society/breaks taboos and changes attitudes.
- 7 Reduce the burden on key services.
- 8 Improve attainment.
- 9 Improve the overall health of young people.
- 10 Results in better relationships between citizens and services.



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Barriers and Impacts

- **Wall - Barriers**

- What barriers do you think young people face when seeking help for poor mental health

- **Wrecking Ball – Impacts**

- What actions/impacts can we make to improve young people's mental health and access to healthcare services



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Hopes and Aspirations

- What are your hopes for the future of mental health services in Scotland?



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Thank you!



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