

# WE WANT TO HEAR YOUNG PEOPLE'S THOUGHTS ABOUT WHAT 11-16 YEAR OLD'S NEED TO SUPPORT THEIR MENTAL HEALTH



Researchers have been investigating **how the COVID-19 situation has been affecting young people's mental health & wellbeing**. We want to hear what **YOUNG PEOPLE** think the priorities are for mental health resources for 11-16 year old's.

We have created a short activity for young people to tell us what they think are the mental health priorities for 11 – 16 year old's.

## WHO CAN TAKE PART?

- **Organisations or groups** who work with young people aged **11-16** (e.g. youth groups or schools)
- **Individual** 11-16 year old's can **complete an online version** themselves

## HOW LONG WILL THIS TAKE?

- No more than **30 minutes**

## WHEN WILL IT NEED TO BE COMPLETED BY?

- **18th November 2020**

## WHAT WILL IT INVOLVE FOR YOUNG PEOPLE?

- Think about what **feelings/emotions** young people their age want the most help & support with during the pandemic
- Think about what **changes to daily life** are having the biggest impact on young people's mental health & wellbeing
- **Write down / discuss / sort / rate** information based on what they think are the main priorities

## HOW WILL THIS HELP?

- We will support young people to **produce resources** (such as films) that address the priorities identified. We will be working with **Headliners (UK) & Fully Focused Productions** and other partners to do this.
- We will also **share the feedback** we receive as widely as possible with anyone interested in supporting 11 – 16 year old's at this time.



IT CAN BE COMPLETED:

- ONLINE
- FACE TO FACE



WHAT DO I DO IF I WANT TO TAKE PART OR IF I WANT MORE INFORMATION?

Please email [elise.sellars@psych.ox.ac.uk](mailto:elise.sellars@psych.ox.ac.uk)

