

Our Minds Our Future



NATIONAL CHILDREN'S BUREAU
 OUR MINDS OUR FUTURE
 COMMUNITY FUND
 -PRIORITIES for practitioners present

NI has HIGHEST MENTAL ILL-HEALTH in UK
 25% HIGHER than ENGLAND

STIGMA & SHAME
 SILENCE

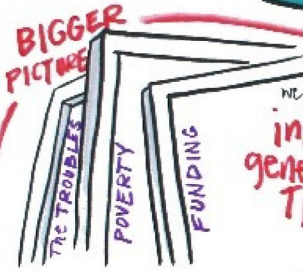
KIDS & YOUNG PEOPLE > 9 WEEKS on CAMHS WAITING LIST in NI: 52%

< 10% of Young PEOPLE in NI

MENTAL HEALTH BUDGET'S SHARE for CHILDREN & YOUNG PEOPLE: 7.7%

2023 NI ADULT OFFICE
 2024 DEPARTMENT OF HEALTH
 2023 MENTAL HEALTH CHAMPION NI

Eden Saorla Inioluwa Bryn Motaz
PLANNING COMMITTEE



SAFE non-judge mental SPACE
 It meant so much to me to have a...

inter generational TRAUMA
 We have that needs much more talking

EXAM STRESS
 exam-oriented school system

ADVERSE CHILDHOOD experiences

WHY WE'RE HERE



PANEL

WHAT WE NEED MOST

sustainable FUNDING

Sustainable SERVICES

to talk when you find out you're pregnant
 Are you feeling suicidal?
 asking the question opens the conversation

we've lost schoolmates, friends, family members

it impacted us growing up quite a bit

But now he saved more lives than I've lost

I can't change the economy, but

"We can have a positive influence leading to positive mindsets & change"

ROLE MODELS
 MUSIC & DANCE
 SPORTS CLUBS

School counsellor
 in every school

GOOD SIGN-POSTING

COLLABORATING SERVICES

PERSONALISED RESOURCE LOCALISED CHARTERS



GOOD GRAPHICS
 GRAPHIC FACILITATION
 POSTERS

VIDEOS
 SOCIAL MEDIA

How can we turn this into a RESOURCE



USER GUIDE

Graphic Recording by **stephanieckman.com**
 @stephaniesaloli

Belfast, Lyrice 24th June 2024