

Our Minds Our Future

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Our Minds Our Future

Young people's steering group established

Established ten key 'asks' to improve services and end waiting times, stigma and the costs of getting help

Charter presented by young people to key decision makers at Stormont

Start...

2019
year 1 of 5

The National Children's Bureau (NCB) in Northern Ireland invited to work in partnership with organisations in other home nations to put young peoples' voices at the centre of mental health service design

Dear stakeholder...
Key Northern Ireland stakeholders invited to be part of the conversation

The views of over 1700 young people in Northern Ireland, many with experiences of mental health...

Produced a
Youth Led charter



2021
year 3 of 5

Safe, solution-focused conversations with young people and people designing and delivering mental health services in Northern Ireland

2023
year 5 of 5

55 children and young people from: Angel Eyes, Annsborough Primary School, Voice of Young People in Care, LLTC Youth Club, Methodist College

VOYPIC

SEPT 2021

co designed and co facilitated

NCB hosted
Online event

...by young people with lived experience of mental ill-health and those with an interest in improving mental health services

31 ADULTS
21 YOUNG PEOPLE
from 25 organisations

2022
year 4 of 5

SUMMER 2023

NOV 2023

x5 focus groups
Northern Ireland

Which asks in the charter are important to you and why?

x3 focus groups

Examining the asks of the charter

Choosing key indicators

of what good might look like for a service aiming to implement these

NCB spent time developing relationships with key stakeholders and learning more about mental health services in Northern Ireland

Youth Led charter

with everyone we talked to

We wanted young people to envisage what would happen if the charter asks were used in all mental health services

SPRING 2024

NCB co-designed an event with young people to bring together professionals and stakeholders and to start conversations about how the project's impact can be sustained and embedded

We shared our