

CONNECTION



IS A MENTAL HEALTH INTERVENTION

JOIN OUR CALL FOR COLLECTIVE ACTION!



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At Platform, we believe that mental health is about being able to feel calm in our bodies, being kind to ourselves, having the opportunities for friendships with others and feeling we belong in the world around us.

This means that rather than thinking about what is “**WRONG**” with us, we need to think instead about what has **HAPPENED** to us.

Our experiences, and the circumstances in which we live, work and play, are what cause us to experience difficulties with our mental health.



“ WHEN WE STRUGGLE
WITH OUR MENTAL
HEALTH, WE ARE NOT “BROKEN”.
WE ARE REACTING TO THE
THINGS GOING ON AROUND US
OR HAPPENING TO US.



This could be things like discrimination, poverty, living around crime, not having people around you to help you, air pollution, bad sleep and not having a balanced diet. These things can all lead to you feeling stressed, and they can limit the choices available to you in life. Your risk of developing difficulties with your mental health then increases.



YOUNG PEOPLE WANT CHANGE



Young people have come up with **5 big issues** that they think should be tackled to improve the mental health and wellbeing of babies, children and young people (and they'll help the rest of us too!).

“ IF WE CAN SOLVE THESE ISSUES, THEN
WE CAN **IMPROVE OUR MENTAL HEALTH**
BOTH NOW, AND FOR FUTURE GENERATIONS.



1 RESTORE A SENSE OF COMMUNITY

“ WE WANT A WORLD THAT IS LESS DIVIDED, AND THAT IS INSTEAD MORE COMPASSIONATE, INCLUSIVE AND ACCESSIBLE TO THOSE WITH DIFFERENT NEEDS, VIEWS AND EXPERIENCES.



WHAT DOES THIS LOOK LIKE?

- Invest in youth services and places young people can meet
- Create more spaces and opportunities for young people to have their voices heard by people in positions of power who make important decisions
- Design and provide public spaces that are more accessible and inclusive for people of all needs
- Implement the **Trauma-Informed** Society Framework for Wales



TRAUMA-INFORMED: Thinking about ‘what has **happened** to you’, (rather than ‘what is ‘**wrong**’ with you’) and how this affects the ways you respond to the people and the world around you.

An illustration of a young man with short brown hair, wearing a blue long-sleeved shirt and dark blue trousers, sitting in a black wheelchair. He is smiling and gesturing with his right hand. To his left is a large white speech bubble with a black outline, containing the text: "WE WANT AN EQUAL WORLD, WHERE PEOPLE CAN LIVE THEIR LIVES SAFE FROM DISCRIMINATION OR BULLYING." The background is white and decorated with various colorful, hand-drawn doodles including stars, musical notes, swirls, and abstract shapes in shades of blue, green, and orange.

- Ensure all government policy supports inclusion and fairness, and deliver on anti-racism, disability and LGBTQ+ action plans
- Ensure representation in positions of power reflects Wales' diversity
- Protect **care-experienced** people from discrimination in education and employment settings
- Ensure young people seeking asylum have their physical and mental health needs met
- Promote positive and healthy relationships in young people (by resourcing programmes like the primary AGENDA toolkit)

CARE-EXPERIENCED: people who have had experiences of growing up within the care system, like in a children's home or fostering programme.

3 END CHILD POVERTY

“ WE WANT
A WORLD
WHERE PEOPLE ARE
FREE FROM POVERTY,
AND CAN EARN A
DECENT WAGE AND
LIVE WELL.



WHAT DOES THIS LOOK LIKE?

- Teach young people in school how to manage money, debt and bills
- Eliminate ‘period poverty’ by providing free period products in all education settings
- Ensure healthy food is affordable to everyone
- Make leisure and sport activities affordable and inclusive for all
- Ensure every young person has a safe, healthy home environment

4 ENSURE EVERYONE HAS THE CONDITIONS FOR GOOD MENTAL HEALTH



**“ WE WANT A WORLD
WHERE PEOPLE HAVE
ACCESS TO SUPPORT THAT
IS TAILORED TO THEIR AGE,
CULTURAL, RELIGIOUS AND
ADDITIONAL NEEDS.**

WHAT DOES THIS LOOK LIKE?

- Create more community-based drop-in mental health support services (like the Hangout and Seibiant Sanctuary projects that Platform runs in partnership with Cardiff and Vale UHB.)
- Support individuals and families to be a part of the decisions around their care and support
- Prioritise a needs-based approach to neurodiversity so young people can get appropriate support without a diagnosis
- Invest in more support staff in education settings and properly implement the Whole Schools Approach
- Ensure mental health workers have trauma-informed training and are compassionate and kind in their approach

5 PROTECT OUR PLANET

“ WE WANT A WORLD WHERE POLLUTION IS REDUCED, CLIMATE CHANGE IS UNDER CONTROL, AND WE ARE NOT DISTRESSED ABOUT THE FUTURE OF THE ENVIRONMENT. WE WANT THE OPPORTUNITY TO MAKE SUSTAINABLE CHOICES AND TO LIVE AND WORK IN CLEAN AND ECO-FRIENDLY AREAS.



WHAT DOES THIS LOOK LIKE?

- Legally protect public green and nature spaces, keeping them accessible for all
- Prepare Wales for the effects of climate change
- Make public transport more accessible, frequent, sustainable and reliable
- Put pressure on big companies to commit to looking after the environment
- Education to help young people understand how the environment and our ecosystems work, and the power we have to call out those causing damage

WHAT CAN I DO?

If change is something that you want to get involved in, we have a form that you can fill in to share what issues you are passionate about (plus your details). We can then contact you about upcoming opportunities, events, and other ways you can be a part of making a difference.

You can also visit our young people's website for more information on what we do at Plattform, and opportunities for social change in your area.

<https://plattform4yp.org/>

Scan the qr code below to access the form.





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