CONNECTION



IS A MENTAL HEALTH INTERVENTION

JOIN OUR CALL FOR COLLECTIVE ACTION!







For young people I bobl ifanc

At Platfform, 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.



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.



WHEN WE STRUGGLE



Young people have come up with 5 hig 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.



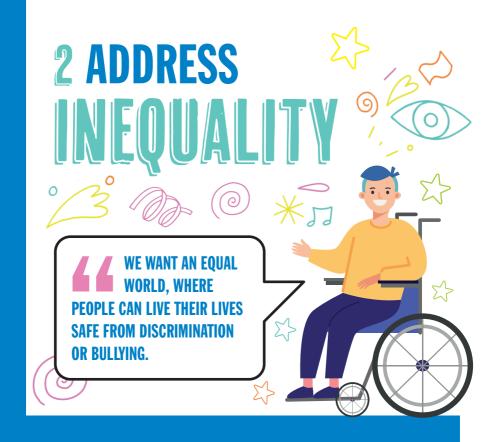




- Invest in youth services and places young people can meet
- Create more spaces and opportunities for young people to have their voices heard by people in positions of power who make important decisions
- Design and provide public spaces that are more accessible and inclusive for people of all needs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

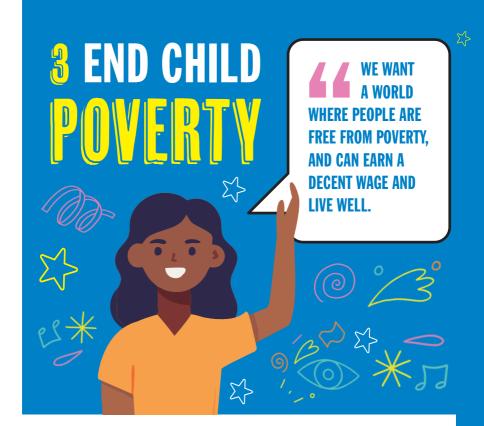


TRAUMA-INFORMED: Thinking about 'what has **happened** to you', (rather than 'what is '**wrong**' with you') and how this affects the ways you respond to the people and the world around you.

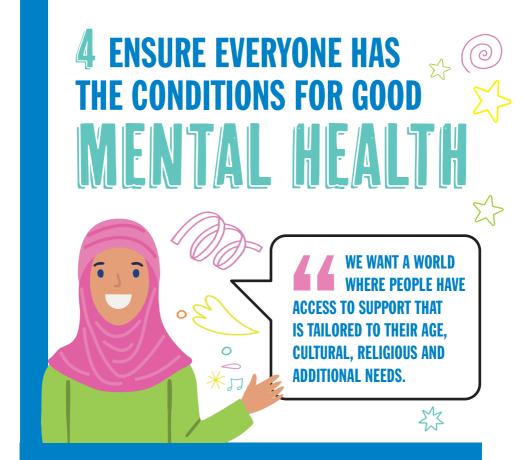


- Ensure all government policy supports inclusion and fairness, and deliver on anti-racism, disability and LGBTQ+ action plans
- Ensure representation in positions of power reflects Wales' diversity
- Protect care-experienced people from discrimination in education and employment settings
- Ensure young 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.



- 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



- Create more community-based drop-in mental health support services (like the Hangout and Seibiant Sanctuary projects that Platfform 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



- 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 Platfform, and opportunities for social change in your area.

https://platfform4yp.org/

Scan the qr code below to access the form.





