

YOUTH MANIFESTO ON MENTAL HEALTH

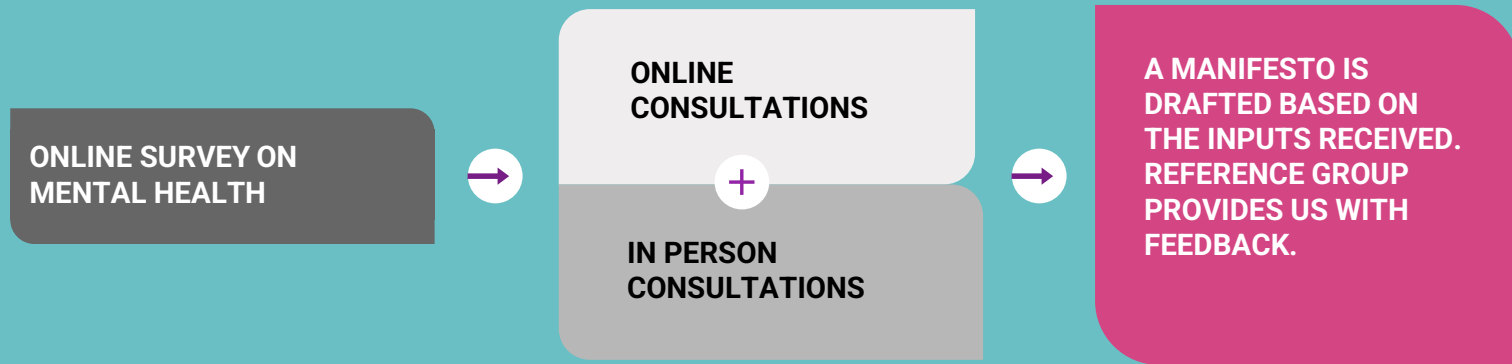
Youth Commission

The Youth Commission of the IFRC has developed four thematic areas to work with between 2020-2023. One of the chosen areas are mental health. The importance to work on mental health was born with the resolution on the last International Conference in 2019, where as we can see, mental health is explained as an operational area of work. It's however very focused on the expertise of the Movement to provide psychosocial support and first psychological aid.

Background and context

Aim and objective

OUR SETUP



PARTICIPATION AND INPUTS

NATIONAL SOCIETIES

82

Participate in the process by filling out the survey, hosting consultations or providing feedback on the Declaration

CONSULTATIONS

50

Hosted by National Societies either in an online format or carried out in person

YOUNG PEOPLE

5000

Young people across the world who have given their input to our work - either through the survey or in a consultation

Fall 2021



Presentation of our work to the IFRC Governing Board

October

Online Consultation at the Global Youth Meeting



December

Spring 2022



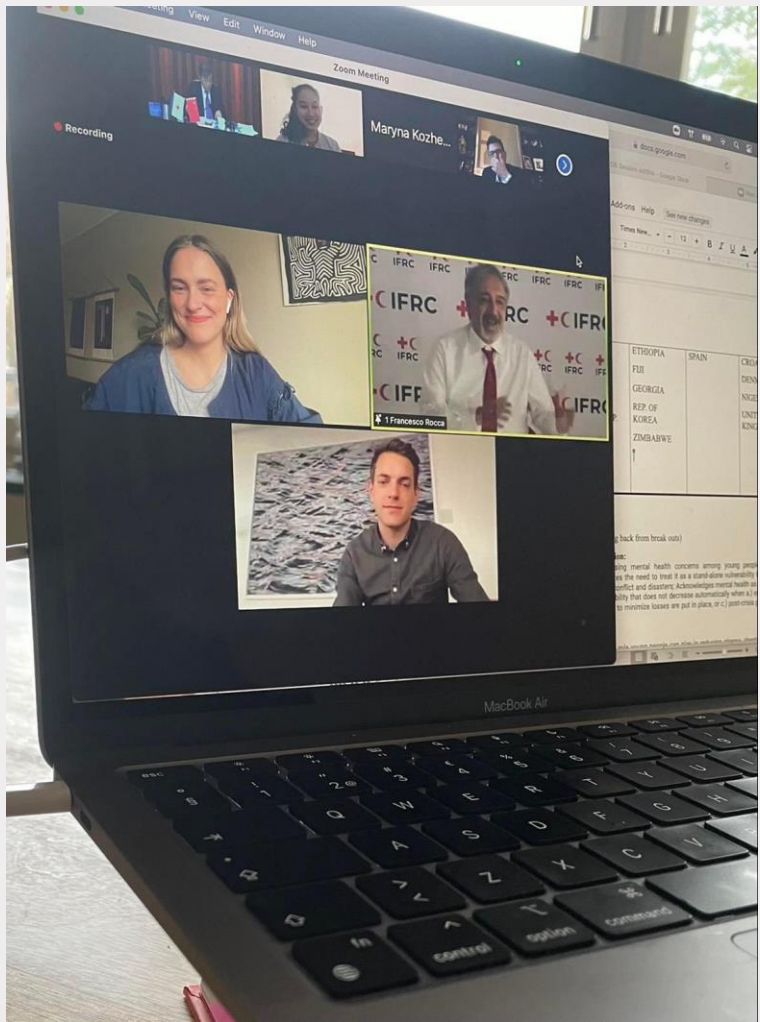
Consultations online, and with the Youth Commission and Secretary General in Geneva

May

General Assembly



June



23rd Session of the General Assembly - 2022

encourages National Societies' leadership to bank on the IFRC Mental Health Youth Manifesto and ignite an intergenerational dialogue to scale-up youth-led and National Society-owned programmes that will nurture the mental health and emotional wellbeing of vulnerable groups, our volunteers, and staff.

Mental Health challenges and solutions

- As described by
RCRC volunteers

- **Break the stigma**
The respondents identify the stigmatization of mental health issues to be one of the main challenges facing the mental health of young people.
- **Wider approach to solving mental health problems**
The respondents ask for professional, specialized help to handle traumas. However, a large part of the responses mention recreational activities as an important tool for the RCRC to use.
- **Youth as agents of change: Youth-led programs aimed at young people**
Respondents wish for “Youth-led programs aimed at young people“, and youth centres that can support these programs.



How can we collectively raise this agenda across the Movement and make everyone talk about MHPSS?

How can we reduce stigma around mental health amongst young people?




**WE APPRECIATE ALL OF
YOUR INPUTS AND HELP IN
THE PROCESS! THANK YOU
FOR HAVING US!**

Group discussions

Groups:

Milena, Miriana, Jonas,

Silvia, Michelle, Bas, Maryna



QUESTIONS TO ANSWER IN THE GROUPS

Please assign a scribe in each group!

WHAT IS YOUR NATIONAL SOCIETY AND THE RED CROSS RED CRESCENT DOING ON MENTAL HEALTH SO FAR?

WHAT SHOULD WE STOP DOING WHEN WORKING WITH MENTAL HEALTH IN THE RED CROSS AND RED CRESCENT MOVEMENT?

WHAT SHOULD WE START DOING? WHAT CAN BE A SOLUTION TO THE CHALLENGES WE SEE?



Next steps

Contact information:

NAME	SURNAME	NS	EMAIL
Bas	Van Rossum	Netherlands	
Vera	Carlbaum	Sweden	vera.carlbaum@redcross.se
Charlotte	Geneser	Denmark	charlotte.g@urk.dk

Reviewing Manifesto draft

Recommendations

- 1) Break the Stigma**
- 2) Widening our approach**
- 3) Youths as Agents of Change**

Agenda

1

INTRODUCTION AND PRESENTATION OF SURVEY RESULTS

2

PROBLEM IDENTIFICATION

3

ADDRESSING PROBLEMS: FINDING SOLUTIONS

4

GROUP DISCUSSION

5

REVIEWING THE MANIFESTO