

ID TALKS!

*A series of 5 online workshops on 5 major topics in the promotion of "Year on Mental Health".
The autumn edition is under the motto "Discovering Mental Health Practices"*



ID Talks:

PARTICIPATION AND MENTAL HEALTH
MOVEMENT AND MENTAL HEALTH
PEERS AND MENTAL HEALTH
ART-STORY AND MENTAL HEALTH
SOLUTIONS AND MENTAL HEALTH

Download this and other SALTO Inclusion & Diversity booklets for free at www.SALTO-YOUTH.net/Inclusion/. This document does not necessarily reflect the official views of the European Commission, the SALTO Inclusion & Diversity Resource Centre or the organisation co-operating with them.

ABOUT SALTO

...‘Support and **A**dvanced **L**earning and **T**raining **O**pportunities within the Erasmus+: Youth in Action and European Solidarity Corps programmes’. The European Commission has created a network of seven SALTO-YOUTH Resource Centres to enhance the implementation of the EU Erasmus+: Youth in Action and European Solidarity Corps programmes, which provide young people with valuable non-formal learning experiences.

SALTO’s aim is to support the implementation of the European Erasmus+: Youth in Action and European Solidarity Corps Programmes with regard to priorities such as Social Inclusion, Diversity, Participation, and Solidarity. SALTO also supports co-operation with regions such as EuroMed, South-East Europe, or Eastern Europe and The Caucasus and coordinates all training and co-operation activities, as well as information tools for National Agencies.

In these European priority areas, SALTO-YOUTH provides resources, information, and training for National Agencies and European youth workers. Most of these resources are offered and disseminated at www.SALTO-YOUTH.net. Find online the [European Training Calendar](#), the [Toolbox for Training and Youth Work](#), the database of youth field trainers active at the European level ([Trainers Online for Youth or TOY](#)), links to online resources, and much more.

SALTO-YOUTH actively co-operates with other actors in the European youth field, among them the National Agencies of the Erasmus+ and European Solidarity Corps programmes, the Council of Europe, the European Youth Forum, European youth workers and trainers, and training organisers.

THE SALTO-YOUTH INCLUSION AND DIVERSITY RESOURCE CENTRE WWW.SALTO-YOUTH.NET/INCLUSION/

The SALTO-YOUTH Inclusion and Diversity Resource Centre (based in Belgium Flanders) works together with the European Commission to support the inclusion of young people with fewer opportunities in the Erasmus+: Youth in Action and European Solidarity Corps programmes. Through that, it works to contribute to social cohesion in society at large. SALTO Inclusion and Diversity also supports the National Agencies and youth workers in their inclusion work by providing training, developing youth work methods, disseminating information via the newsletter, etc. By offering opportunities for training, exchange, and reflection on inclusion practice and diversity management, SALTO Inclusion & Diversity works towards the visibility, accessibility, and transparency of its inclusion & diversity work and resources, and towards making ‘inclusion of young people with fewer opportunities’ and ‘positive diversity management’ a widely supported priority.

For more information and resources, have a look at the Inclusion & Diversity pages at www.SALTO-YOUTH.net/Inclusion/



DISCLAIMER

This magazine contains pictures as a result of the Graphic Recording which is an integral part of all the ID Talks events. There are four types of styles throughout the whole magazine.

- **General Cover Picture.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events. It is displayed as a cover picture of each ID Talks version.
- **Portrait of Speaker.** It depicts each speaker and a few graphic recording elements such as written parts of their "speech" and/or any other graphics according to the style of each ID Talks version. It is displayed on top of the speaker's description page.
- **Main Graphic Recording Card.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events, including the specific name of the event, the portrait of the speaker, written quotes of their "speech" and/or any other graphics. It is displayed on top of the first page of each article.
- **Graphic Recording Elements.** Throughout each article, the graphic recording elements complement the text with essential parts of each speaker's "talk".



I & D Talks

“Discovering Mental Health Practices”

What is it all about?

ID Talks is a series of 5 stand-alone online events (workshops) of up to 90 minutes each, with inspiring guest speakers, thought-provoking insights, discussion in small groups, and Q&A sessions.

Mental health represents an integral part of an individual's capacity to think, emote, interact with others, earn a living and enjoy life. Consequently, mental health underpins the core human values of independent thought and action, happiness, and friendship. Mental health and well-being are put at risk by a wide range of factors spanning individual, social, and environmental levels, including poverty and deprivation; debt and unemployment; and violence and conflict.”

- WHO, European Framework for Action on Mental Health 2021–2025

SALTO Inclusion & Diversity Resources Centre and the Mental Health in Youth Work project jointly announce 2023 as “ID Talks: Year on Mental Health”, with the spring 2023 edition under the motto “Understanding Mental Health” and the autumn 2023 edition under the motto “Discovering Mental Health Practices”.

For whom?

Youth workers, youth leaders, professionals, and volunteers involved in ID in the EU youth programmes, as well as all those interested in youth work and Inclusion & Diversity topics.

Main objectives:

- To provide food for thought and learn from inspirational ID stories;
- To provide an opportunity to learn about ID topics from the youth work sector and beyond;
- To get information, inspiration, and methods to help the youth sector address ID;
- To inform about and contribute to quality (international) youth work;
- To identify and learn how to tackle existing and future challenges within ID;



Event Dates:

- 13 September (13h CET) > **ID Talks: Participation and Mental Health** - How can you address young people's mental health and well-being through participatory and democratic approaches? Having a role and being part of something bigger is good for your well-being. But how do you increase transparency about mental health and mental illness prevention at the municipal level? Join us to discover a few simple yet effective solutions that have the potential to inspire policy change. Guest speaker: **Martine Antonsen, Mental Health Youth, Norway**
- 27 September (13h CET) > **ID Talks: Movement and Mental Health** - Can physical leisure-time activities help young people take care of their body and mind? Movement and dance have clear benefits for your mental health and well-being. So how can youth workers incorporate movement and dance in their daily work or in their international projects? Let's walk the talk and do something physical that can be easily replicable in your work as well. Guest speakers: **Jagoda Idzik & Izabela Bejm, Sempre a Frente Foundation, Poland**
- 11 October (13h CET) > **ID Talks: Peers and Mental Health** - Peer-to-peer work is nothing new: it is successfully used both in formal and non-formal education settings. But how can peer support improve young people's mental health and well-being? How does this peer-to-peer magic work in practice? How can you address bullying and do information and prevention work through this approach? And, last but not least, what is the role of you(th workers) in this process? Learn about the power of peer support and its positive impact on young people's lives. Guest speaker: **Inge Esselen, Peer Support Vlaanderen, Belgium - FL**
- 25 October (13h CET) > **ID Talks: Art-Story and Mental Health** - How can creative processes give young people a way to talk about difficult issues? Visual arts and storytelling help to name, explain, and accept feelings and understand why they surface. Through objects and metaphors, it is easier to communicate about mental health concepts. So what potential does storytelling have for your youth groups? If you ever found it challenging to express your thoughts and emotions verbally, join us to discover the alternatives. Guest speaker: **Laura Mellanen, visual art practitioner, Finland**
- 8 November (1 PM CET) > **ID Talks: Solutions and Mental Health** - When tackling the topic of mental health and well-being, we mostly focus on the shortcomings and barriers, offering external support. But it is even more important to focus on talents, inner resources, and giving perspectives. So how do you build resilience and support young people's well-being using a solution-focused approach? To change (y)our perspectives, let's shift the focus and talk about young people's strengths. Guest speaker: **Lize Abrahams, Arktos, Belgium - FL**

ID Talks: Participation and Mental Health

How can you address young people's mental health and well-being through participatory and democratic approaches?

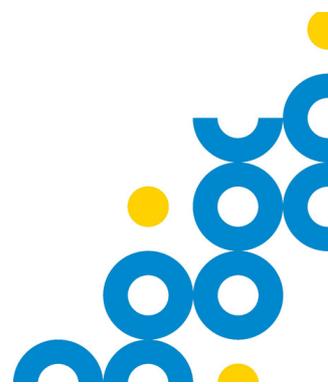
“ ALL CHILDREN & YOUNG PEOPLE SHOULD HAVE THE BEST POSSIBLE MENTAL HEALTH, & NO ONE SHOULD BE IN SUCH A DIFFICULT SITUATION THAT DEATH BECOMES THE ONLY WAY OUT ”

MARTINE ANTONSEN
(NORWAY)



GUEST SPEAKER: MARTINE ANTONSEN

My name is Martine Antonsen (she/her). I am 28 years old and for the last 12 years, I have been a member of the NGO Youth Mental Health Norway. Now I am the President at the National Level and my day-to-day is filled up with representing the members in political processes, holding speeches about our NGO and participation for young people and professionals, and creating national events for our members, seminars, and summer camps.



Article

Martine Antonsen



Youth Mental Health Norway has been a transformative experience for me, realizing that who you are isn't defined by your achievements but rather by your passions and interests. My first encounter with the NGO was back in the summer of 2012, it marked the beginning of my journey as a public speaker, an experience that would eventually lead me to become the president (or national leader) of this organization. The impact of this journey drives me and is the reason I'm so committed to co-create safe spaces for young people to grow, explore, and discover new preferences.

Throughout my presentation, I attempted to address the questions: How can you address young people's mental health and well-being through participatory and democratic approaches? And why is having a role and being part of something bigger good for your well-being? I certainly don't have all the answers. I can, however, assure you that you will gain insights into our NGO, and perhaps, you'll take something valuable home with you.

Youth Mental Health Norway is a member-based NGO in Norway for and from young people. And everyone under the age of 36 can become a member because everyone has mental health! We have a focus on those who have or are currently struggling with mental illnesses and their relatives and friends.

Our unique feature lies in our democratic structure. Youth themselves become members and actively participate in decision-making. Local chapters can be formed by only 3 members in a specific area, and representatives from these chapters attend a national meeting to shape the organization's goals, budget, and policies, and elect a national board of young people. This democratic approach ensures that young people shape the organization's direction and services.

Our purpose is that all children and young people should have the best possible mental health, and no one should be in such a difficult situation that death becomes the only way out. To achieve this, we must actively involve our members in answering "What can be done here to better young people's mental health"? We do this in everything we do, from forming big projects to how and what we write on Instagram. Additionally, we engage with the community and government to share our members' thoughts on how we can give young people another way out.



Our activities can be categorized into three main areas:

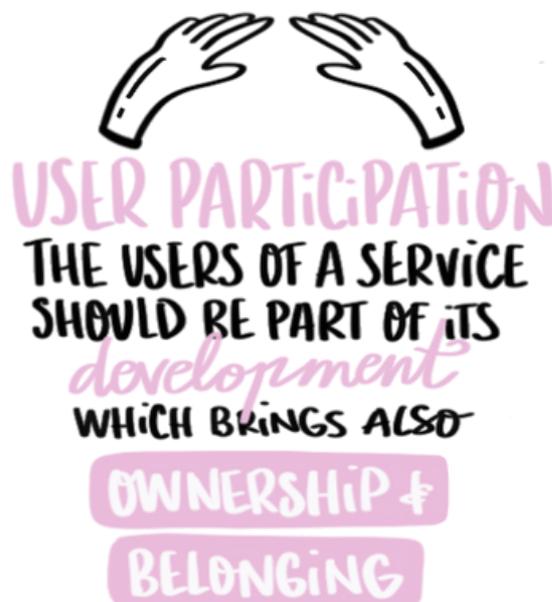
The work we do for, with, and as members. We provide tools, confidence, and support to our members so they can create activities for each other. Though empowering them to create their own initiatives we give young people possibilities to realize the resources they have to offer.

Politics and Participation: We use our members' experiences to advocate for positive change in policies affecting young people's mental health services. As an NGO some of our members also contribute directly to the policy making and development of services for young people.

Projects: We initiate projects that will help young people handle their mental health and in turn help us reach our goals.

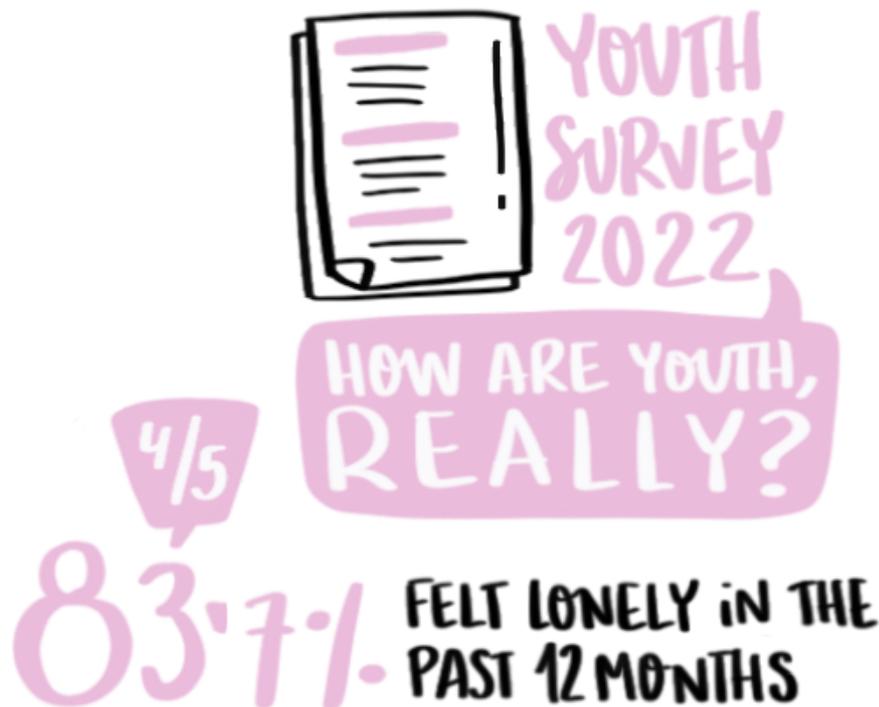
We often gather young people's experiences and use them to influence politicians and youth and user participation. Most often the experiences are gathered through activities in the local chapter, for example, we are sitting knitting and I share my frustration over the short opening hours of this healthcare service that the municipality is bragging about. Then we have supported the young people to think, "This is not right, and we can try to ask the municipality to solve it".

A big part of what I do is participation or user participation – the user of a service should be able to contribute to the development of that service. One thing we do to foster these activities is we write our political document for the young person who is going to use it, not for the leader or politician who can make the change. This lowers the bar for young people to contribute and speak up.



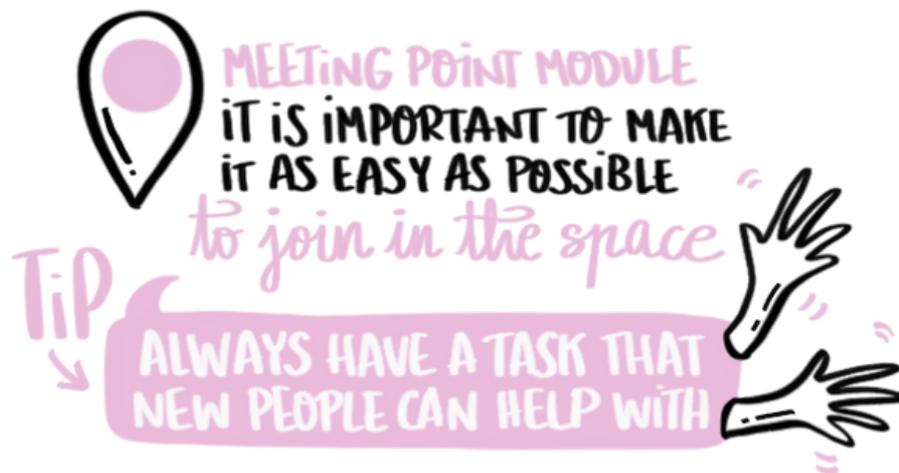
In the spring of 2022, we tried something new. We often get asked: How are young people doing? So we wanted to try and ask the real-life young people of today, How are you, really? We made a serve, StatusYoung!, and shared it on Instagram, TikTok, and some high schools with the message: Your voice is important and with your answer, we have more influence to make a difference. We received 5518 answers and concluded young people want to contribute, they want to tell their story to help others not be a part of the same statistics. Among other things, we asked, "What do you do to feel better when you are not feeling so well?". We chose to keep the question open so as not to make any assumptions about what young people do to feel better. Through analysis of the answers, there are some categories that are repeated by several, listening to music, talking to someone, being with friends, exercise/going for a walk. So my advice to people on how to meet young people is different from your advice to young people.

Throughout the pandemic, we saw an increase in loneliness among young people due to, among other things, the strict social restrictions. Loneliness is associated with several negative outcomes related to mental health, such as a reduction in positive emotions, depression, suicide, and poor sleep quality. Findings in the survey indicate that over 4 out of 5 have felt lonely during the last 12 months, and over half (55.5%) of these young people have been quite a lot/very much bothered by the feeling of loneliness. Further findings indicate that 40.2% often/very often miss someone to be with, 35% often/very often feel left out, and 37.7% often/very often feel isolated from others.



Back to the members of the NGO. Our existence revolves around our local chapters (LCs), each consisting of young people collaborating on various activities and projects. We have around 20 LCs spread across the country. LCs organize regular meetings known as "meeting points". This is a scheduled time to meet up and do something together. These gatherings foster a sense of community and belonging.

As an NGO we provide the LCs with support and share the Meeting Points model. The first step in the model is a fixed time and space. This creates predictability and lowers the bar a bit for newcomers, you can prepare to be ready for the next time or the time after that. A lot of the chapters also have one contact person that you can call to meet up with them first and then go together to the activity. The second step is food, because if there is food it is more ok to just be there without joining in to the conversation. The third and also very important step is to have some tasks that need to be done and ask new people to help you. This creates a feeling that there is a need for me in this place, and I can contribute to this community, it makes it more likely that they come back.



Being part of something larger and having a defined role within an organization can significantly benefit an individual's well-being. Take, for example, the story of Lasse, a young adult who transformed his own challenging experiences into a drive to improve mental health services through user participation in his local municipality. One of the reasons he managed this, was our NGO's positive approach.

Consider the young people in your life, whether they are individuals you work with or your children. Take a moment to write down two positive attributes about them, and make sure to share your thoughts with them. This is a good way of lifting them.

WE CAN HELP A LOT WITH JUST
 A GENUINE & NON-JUDGEMENTAL
 human connection

One other thing we preach but also practice is "Start the Talk," emphasizing the importance of open communication about mental health. Everyone experiences ups and downs. Some may experience deeper valleys and perhaps higher peaks than others. Normally, we do many things that contribute to building our mental health in our everyday lives without even realizing it, but when things are a bit more challenging, it can be easy to forget important things.

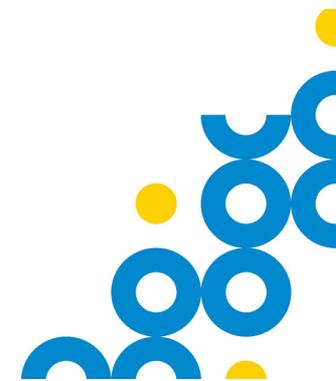
When you are concerned about someone, it can be difficult to know what to do. If you suspect or know that someone is struggling, the best thing to do is to have a conversation with them, even if it may feel intimidating. Waiting and hoping they will come to you can result in losing valuable time that should be used to seek help.

SHOW THAT YOU CARE: **ASK!**

"IF YOU ASK THE QUESTION, YOU SHOULD BE READY FOR THE ANSWER"

"OFFERING SUPPORT IS NOT ALWAYS EASY"

[...] ..eehh... [...]
IT IS CHALLENGING TO VOICE CERTAIN QUESTIONS ... **WHY?**



The **Seven Steps** to help you in a hard conversation:

Time: Set aside plenty of time and ensure that no distractions arise. It is important that it feels safe, calm, and non-judgmental.

Tempo: Let them share as much or as little as they want. Let them lead the conversation and take as much time as they need. Do not pressure them to tell you something they are not ready to talk about.

Don't Guess: Opening requires a lot of trust and strength, and you may be the first person they choose to open up to. Do not attempt to diagnose or question what they are feeling. Most likely, you are not a medical expert. Although you are willing to listen and show support, remember that you are not a trained therapist. Try to avoid guessing what is wrong or suggesting a diagnosis.

Open Questions: Ask open-ended questions. Say 'Can you tell me a bit about how you're feeling?' instead of 'I can see that you're very depressed.' Try to be open, non-judgmental, and have a neutral tone of voice. Give the person time to respond before firing off the next question.

Listen: Listen to what they tell you. You may repeat what they say to ensure that you have understood it correctly. You do not have to agree with what is being said but show that you understand how they feel and that you respect their feelings.

Help: Offer to help them find places where they can seek professional support and help them figure out how to proceed. You can also offer to accompany them to the doctor or help them talk to another friend or family member. Try to let them make the decisions themselves without you taking control.

Boundaries: Know your limits. If you perceive the problems to be so serious that you believe there may be an acute danger to life or health, call the emergency/or health care.

In conclusion, Youth Mental Health Norway is an organization driven by the passion and commitment of young people to enhance their own mental health and well-being. Through a democratic structure, community building, and a sense of belonging, we provide a supportive environment for young individuals to explore their interests, promote mental health, and foster meaningful connections. Remember, the simplest act of starting a conversation can have a profound impact on someone's life, so let's continue to "Start the Talk."



WHAT TO DO IF YOU ARE CONCERNED ABOUT SOMEONE'S MENTAL HEALTH?

(BUT PRACTICE BEFOREHAND)

START THE TALK!

- TIME** FIND A CALM MOMENT TO TALK
- TEMPO** LET THE PERSON HAVE TIME TO ANSWER
- DON'T GUESS** OR MAKE DIAGNOSIS
- OPEN QUESTIONS** TO DISCUSS
- LISTEN** RATHER THAN TALKING
- HELP** BY REDIRECTING TO PROFESSIONALS
- SET BOUNDARIES** BOTH WAYS

EDITORIAL INFORMATION

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On behalf of the SALTO Inclusion & Diversity!

