

HOW WE INVOLVED YOUNG PEOPLE TO SPEAK ABOUT MENTAL HEALTH

1 REACHING OUT

We recruited young people from a range of settings, including university students on campus, youth advisory groups, mental health organisations, and through word of mouth. At every stage, we aimed to ensure their involvement was clear, respectful, and genuinely meaningful.

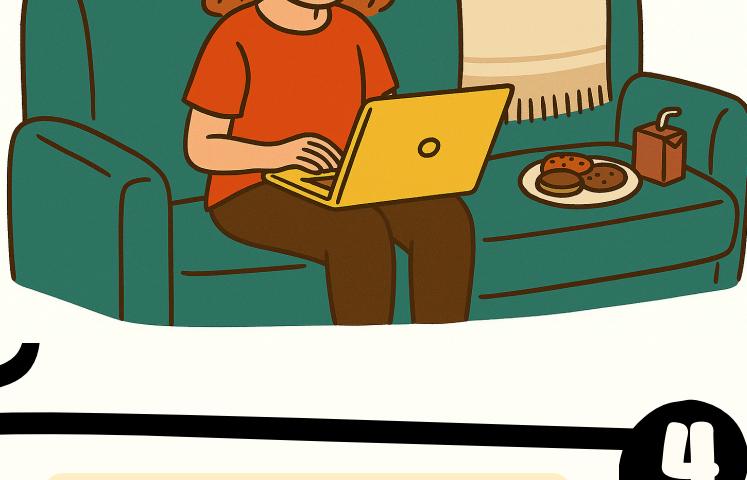


2 SETTING THE TONE

We treated young people as equal contributors throughout, ensuring communication was both professional and approachable. Expectations were made clear from the outset, including open discussions around time commitments and payment.

3 ONLINE MEETINGS

We ran an online session in the evening to suit young people's schedules, starting with light ice breakers to create a relaxed atmosphere. Participants were free to take breaks, keep cameras off, or contribute in whatever way felt comfortable, whether by speaking, using the chat, or following up afterwards.



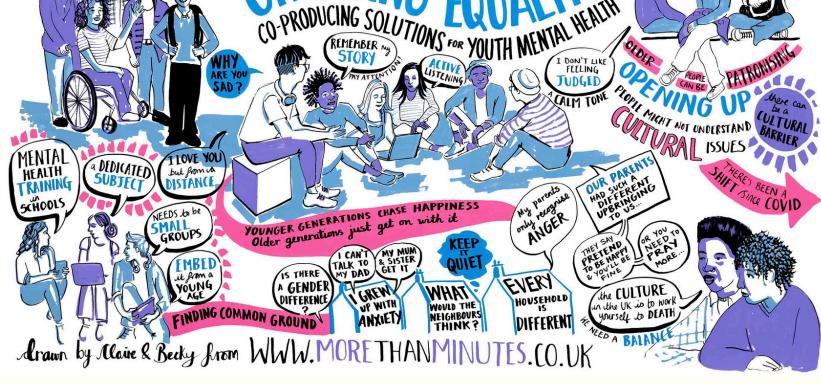
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IN-PERSON MEETINGS

We held an in-person focus group in a relaxed, welcoming space, with informal ice breakers and snacks to help everyone feel at ease. Young people were encouraged to contribute in whatever way suited them, with plenty of flexibility around breaks and participation. The session was built on mutual respect, active listening, and a commitment to valuing every contribution equally..

5 OUTPUTS

Throughout the discussions, live artists captured everyone's contributions in real time, creating a visual summary that brought together the ideas, experiences, and reflections shared by the group.



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V1.0, July 2025

Funded by Healthier Futures, University of Manchester