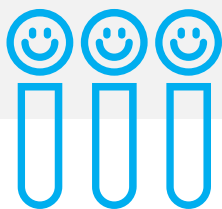




## COMMUNITY FORUM ON MENTAL HEALTH

The T:BUC Camps Good Relations Ambassadors took part in a bespoke Community Forum delivered by the Washington Ireland Programme (WIP). The WIP Community Forums are designed to empower young people with the design thinking and collaborative skills needed to effect positive change in their local areas. Ambassadors were given the opportunity to choose the topic of their Forum and they chose "Mental Health on the Island of Ireland".



14 Ambassadors from the T:BUC Camps Programme and 2 Ambassadors from DfC's Uniting Communities Programme took part in the Forum over an evening (online) and a full day at Belvoir Youth Centre

Ambassadors shared their opinions and views, beginning with more neutral topics and progressing to challenging and more controversial issues related to Mental Health

**Each group was asked to look at one of four areas:**

**Stigma of mental health**

The relationship between mental health healthcare providers and the communities they serve

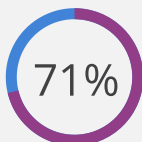
**Cross-border initiatives on mental health on the island of Ireland**

**Technology and mental health.**

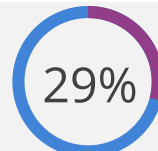


The winning innovation promoted a youth census, aimed at gathering data on mental health which could better inform both government and NGO spending on mental health services.

**Ambassadors rating of Community Forum:**



**Excellent**



**Very Good**



it has improved my self-confidence with others. It also helped my ability to consider other ideas

it has impacted my ability to interact and listen to others opinions

enjoyable experience of working together in a group and being able to have a healthy debate



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