



TRIUMPH

'What does a mentally healthy society look like for young people?'

**Co-producing TRIUMPH's Mentally Healthy Society
report with young people**

**Presentation by Christina McMellon and Isla Jamieson-MacKenzie
from the TRIUMPH Youth Advisory Group**

What is TRIUMPH?

- Transdisciplinary Research for the Improvement of Youth Mental Public Health
- Co-produced research with young people
- Youth Advisory Group aged 16-24, who have been involved in a variety of ways:
 - Application selection for plus-funded projects on YP's mental health
 - Leading on their own academic research project about how adults can help young people feel understood
 - Fieldwork, including contracts with University to facilitate workshops + interviews
 - Residentials for thematic analysis of projects, + co-writing academic papers on coproduction
 - Co-designed and facilitated TRIUMPH Fest



How does TRIUMPH work with young people?



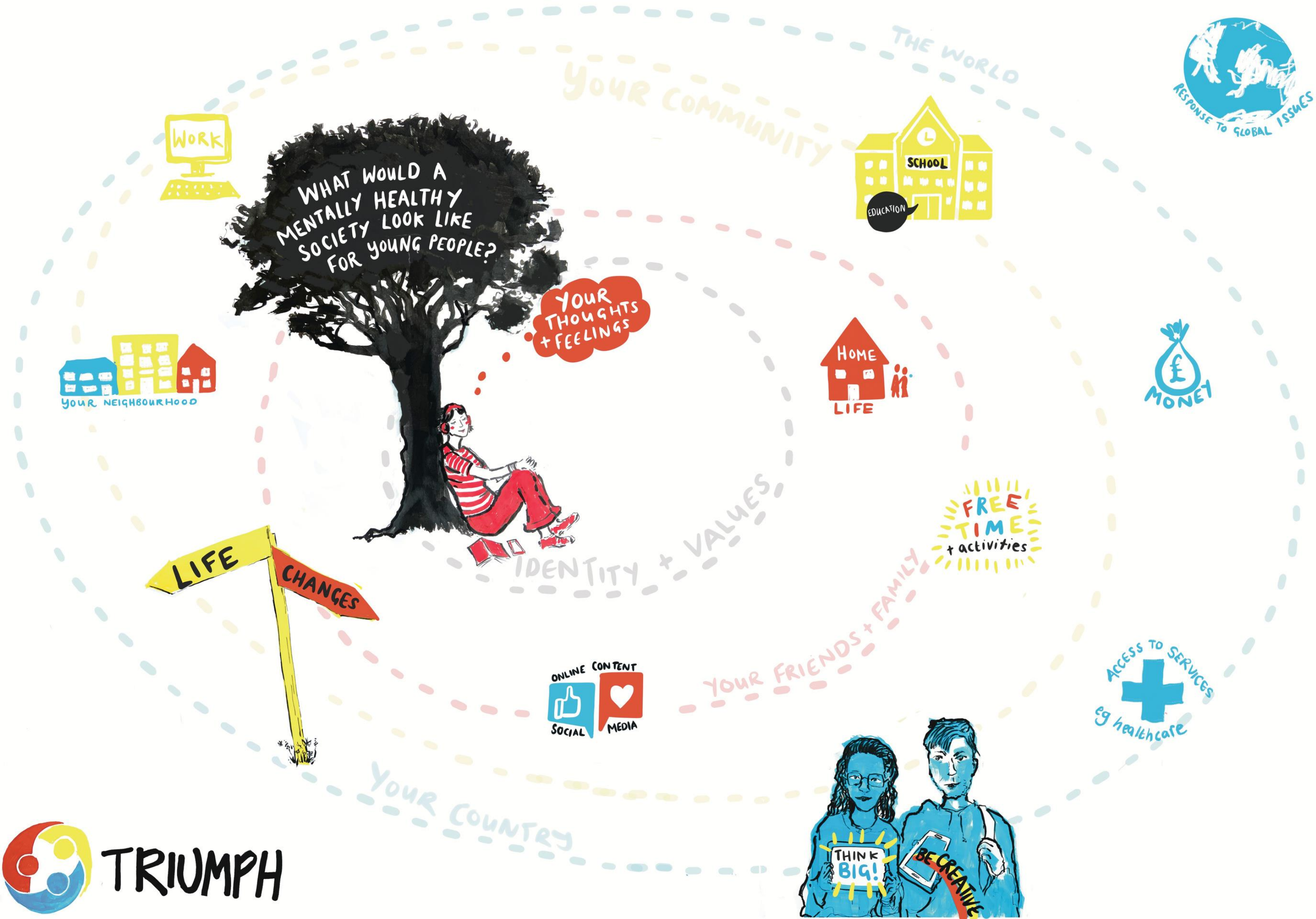
Words TRIUMPH YAG and staff come up with to describe how TRIUMPH works with young people

TRIUMPH Fest - October 2022

- Event bringing together young people, orgs, researchers and policymakers involved in mental health research and activism.



[TRIUMPH](#)
[Fest Film](#)



WHAT DOES A MENTALLY HEALTHY SOCIETY LOOK LIKE FOR YOUNG PEOPLE?



What does a mentally health society look like for young people?

A hand-drawn illustration of a white cloud with a yellow sun behind it. A rainbow is visible on the left side, and blue raindrops are falling from the bottom of the cloud. The words "COMPASSIONATE GOVERNMENT" are written in black, bold, uppercase letters inside the cloud.

**COMPASSIONATE
GOVERNMENT**

Empathy and
diversity in politics


Celebrating everyone's
different strengths and
passions

Better education +
breaking down
barriers for YP to
engage in politics

Governments
listen to lived
experience

Avoiding
comparisons

Equal opportunities
and also exposure
to a variety of
opportunities

A hand-drawn illustration featuring several colorful, swirling paths in blue, red, and yellow. Each path ends with a small arrowhead. In the center, the text "WE ALL HAVE DIFFERENT PATHS CELEBRATE THEM!" is written in white, bold, uppercase letters on a black background.

**WE ALL HAVE
DIFFERENT
PATHS
CELEBRATE
THEM!**

What does a mentally healthy society look like for young people?

Trauma-informed practice across services

Reducing inequality in access to services

Connecting silos of services

Tailor care + support to individual

Streamline referral processes and shorten waiting lists

Equal opportunities regardless of background

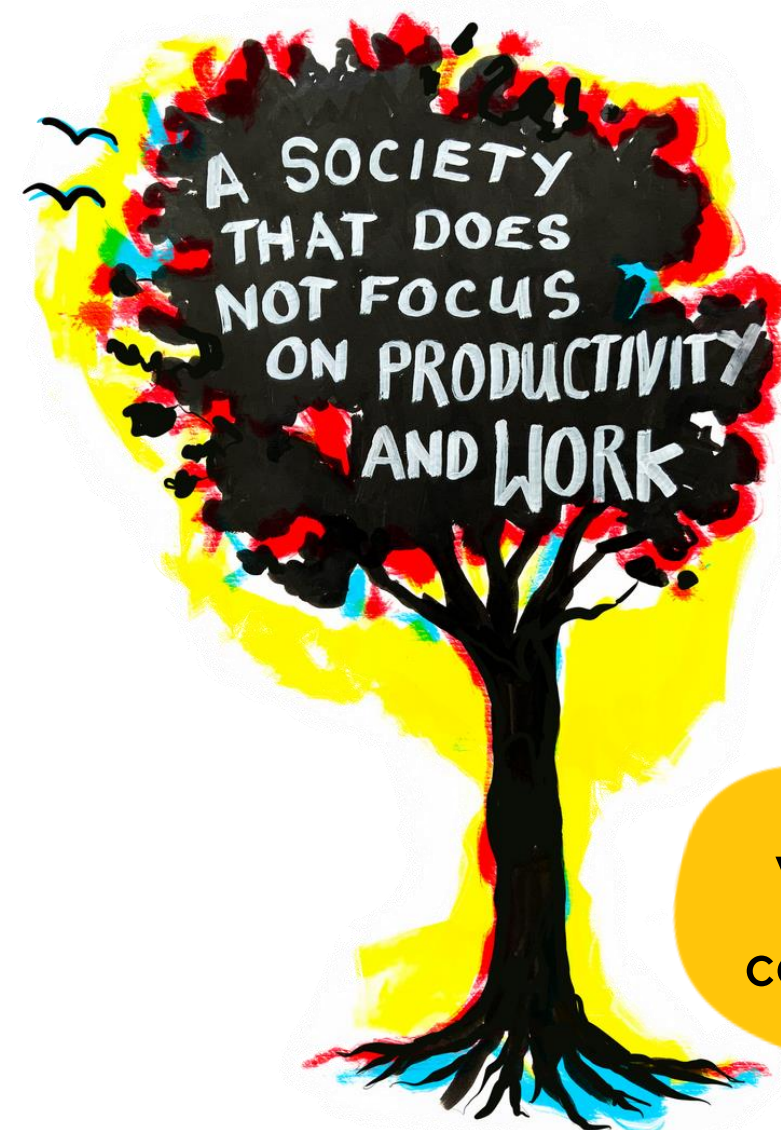
Strong sense of community and community empowerment through local investment



Supporting young people to thrive, not just survive



What does a mentally health society look like for young people?



Recognising the importance of rest

Separating your own worth and success from your work

Valuing all activities and experiences

Support to build meaningful relationships not just about work

Valuing all career paths

Tackling low pay and job insecurity

A call to action from young people

- Recognise the societal changes that young people prioritise as being most important to their mental health.
- Involve young people in the decision-making process and design of new services or initiatives to address these priorities.
- Support young people to feel confident and empowered to involve themselves in local decision-making processes around governments and local authorities – and in parallel, ensure that governments and local authorities are committed to listening to and acting on the views of young people.
- Ensure that research on young peoples' mental health is impactful and that there are appropriate pathways to rapidly translate new research findings into real-world action.