

Youth Voice Workshop on Mental Health and Emotional Wellbeing

Goole 17th September 2024

22 young people from local youth groups participated in a 2 hours workshop facilitated by Community VISION and Nothing About Us Without Us, in partnership with Goole Youth Action and The Moorlands Charity.

This is what they told us in regard to what they need to improve their mental health and emotional wellbeing in Goole:

Activities

- More activities and things to do
- Cost of activities need to be cheaper

Cost/ Financial

- Cost of activities need to be cheaper
- Travel costs need to be reduced

General Support

- Lack of SEND Support
- Support from people with lived experiences
- Better crisis support
- More inclusion for LGBTQ+ young people
- More quiet/ calm spaces for when you feel overwhelmed
- Want to talk to real people about Mental Health issues, not a robot or AI (Artificial Intelligence)
- Being able to speak to the same person each time, rather than it changing

Staff/Service Support

- More detached well-being workers
- More time for staff to support us
- Mental Health Drop-in Services
- Information on support services or groups
- Waiting list times for Neurodiversity diagnoses are too long