



Your Mind Matters

A NEW MENTAL HEALTH AND WELLBEING SERVICE FOR ARMED FORCES YOUNG PEOPLE



Co - production with our young people

CHRIS PAUL AND CARA PLEYM



WHO WE SUPPORT

We support the children and young people of Scottish regular and reservist personnel as well as veterans of all arms of the British Armed Forces, who reside anywhere across the United Kingdom.

What's more, we support the children and young people of regular and reservist personnel who aren't Scottish and are currently based or residing in Scotland.





THE POWER OF CO-PRODUCTION

Activity

**FORCES
CHILDREN
SCOTLAND**



**CO-PRODUCTION
VALUES**

Who should be involved and why does this matter to them?



RELATIONSHIPS



CONNECTIONS

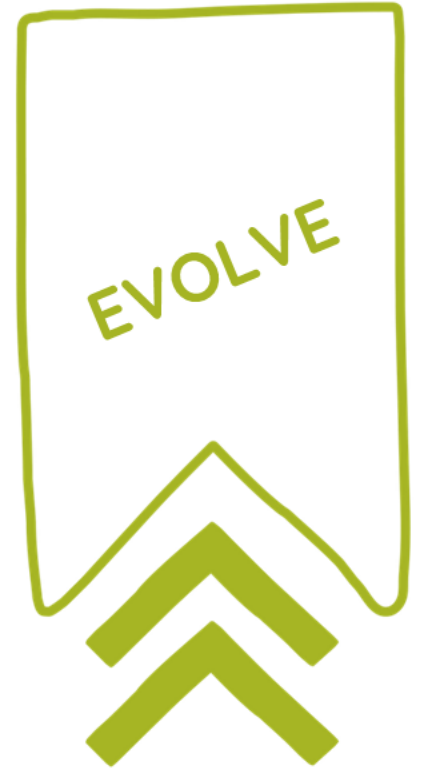


FLEXIBILITY



TRANSPARENCY

How do we honour these values in the everyday
AND strategic work?





10 MIN GROUP ACTIVITY



breakout and discuss in reference
to your context and professional roles

OPPORTUNITIES

lie in the voices of young
people

do with and for
educate and empower
listen and act

INSTEAD OF do to
INSTEAD OF allow
INSTEAD of red tape



During the workshop we shared a small snippet of an incredibly powerful film with our young people's voices and experiences.

This is not to be shared without context, in order to protect and respect our young people.

If you would like to request full access and information around this amazing film please contact our Children and Young People's Participation Manager Nina Collins

nina.collins@forceschildrenscotland.org.uk





NEXT STEPS



The results of a survey we conducted with AFCYP also highlighted concerns around mental health and wellbeing. Of the 162 respondents who answered questions about their mental wellbeing:

- 20% reported feeling low about every day in the last 6 months
- 24% reported feeling irritable or bad-tempered about every day in the last 6 months
- 28% reported feeling nervous about every day in the last 6 months
- 27% reported experiencing difficulties getting to sleep about every day in the last 6 months
- 31% reported never or hardly ever feeling confident in themselves



**FORCES
CHILDREN
SCOTLAND**



Feedback and Q&A



CONTACT DETAILS

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