

## **Youth Section : World Federation Of Mental Health**

**Aim:** To establish a platform that encourages, brings together and serves as a voice and forum for the youth of our world engaging with Mental Health to help bring about a sustainable change and fuel efforts to redefine the way Mental Health is seen and catered to.

**Mission:** 1) A global platform that provides the youth with correct knowledge about youth related mental health and mental health concerns.

2) A platform that works towards abolishing myths associated with mental health through it's activities, campaigns, events and content.

3) A platform that enables the availability of opening a space where youth mental health is acknowledged and given space to be spoken about and championed. This space serves as a safe space and one where effective self-help strategies can be referred to for effectively dealing with the challenges faced by the youth. The platform can also act as a director to what next and what the call to action must be when someone is facing mental health concerns, depending on the type and severity of that concern.

**Vision:** How will this be achieved?

- 1) **Youth section @ every world congress:** This will be made a reality by having a youth section at every congress which will allow the youth to actively participate and bring to the for front the concerns faced by the generation now. The format of this section of the conference will serve as an opportunity for the youth to be heard and begin to get involved aiding the process of change we hope to bring about in this world.

The youth section at the congress will included panel discussions, interactive and activity led and based workshops, key note speeches, various kinds of hands on therapies for participants to participate in and conduct. This congress will employ an unconventional, new age, practical, hands on and multisensory approach to help individuals and redefine conversations around mental health and mental health care.

We encourage young dynamic individuals - stake holders, psychologists, entrepreneurs, psychiatrists, researchers, media (writers/ journalists), social workers, mental health activists, educators, affected/people living with mental health issues – involved in the field of mental health, all to come together and be a part of this space for wholistic change.

At this congress we will also have a section that lets you sign up if you want to be involved in releasing a digital campaign with the youth section of the WFMH.

- 2) **Youth digital campaign:** We aim to release a digital campaign once a year in relation to the theme released by the world federation of mental health.