Youth Commission

The Youth Commission of the IFRC has developed four thematic areas to work with between 2020-2023. One of the chosen areas are mental health. The importance to work on mental health was born with the resolution on the last International Conference in 2019, where as we can see, mental health is explained as an operational area of work. It’s however very focused on the expertise of the Movement to provide psychosocial support and first psychological aid.
Background and context
Aim and objective
OUR SETUP

ONLINE SURVEY ON MENTAL HEALTH → ONLINE CONSULTATIONS → A MANIFESTO IS DRAFTED BASED ON THE INPUTS RECEIVED. REFERENCE GROUP PROVIDES US WITH FEEDBACK.
PARTICIPATION AND INPUTS

NATIONAL SOCIETIES
- **82**
  - Participate in the process by filling out the survey, hosting consultations or providing feedback on the Declaration

CONSULTATIONS
- **50**
  - Hosted by National Societies either in an online format or carried out in person

YOUNG PEOPLE
- **5000**
  - Young people across the world who have given their input to our work - either through the survey or in a consultation
Fall 2021

- **October**: Presentation of our work to the IFRC Governing Board
- **December**: Online Consultation at the Global Youth Meeting

Spring 2022

- **May**: Consultations online, and with the Youth Commission and Secretary General in Geneva
- **June**: General Assembly
encourages National Societies’ leadership to bank on the IFRC Mental Health Youth Manifesto and ignite an intergenerational dialogue to scale-up youth-led and National Society-owned programmes that will nurture the mental health and emotional wellbeing of vulnerable groups, our volunteers, and staff.
- **Break the stigma**
The respondents identify the stigmatization of mental health issues to be one of the main challenges facing the mental health of young people.

- **Wider approach to solving mental health problems**
The respondents ask for professional, specialized help to handle traumas. However, a large part of the responses mention recreational activities as an important tool for the RCRC to use.

- **Youth as agents of change: Youth-led programs aimed at young people**
Respondents wish for “Youth-led programs aimed at young people”, and youth centres that can support these programs.
How can we collectively raise this agenda across the Movement and make everyone talk about MHPSS?

How can we reduce stigma around mental health amongst young people?
WE APPRECIATE ALL OF YOUR INPUTS AND HELP IN THE PROCESS! THANK YOU FOR HAVING US!
Group discussions

Groups:

Milena, Miriana, Jonas,

Silvia, Michelle, Bas, Maryna
QUESTIONS TO ANSWER IN THE GROUPS

Please assign a scribe in each group!

WHAT IS YOUR NATIONAL SOCIETY AND THE RED CROSS RED CRESCENT DOING ON MENTAL HEALTH SO FAR?

WHAT SHOULD WE STOP DOING WHEN WORKING WITH MENTAL HEALTH IN THE RED CROSS AND RED CRESCENT MOVEMENT?

WHAT SHOULD WE START DOING? WHAT CAN BE A SOLUTION TO THE CHALLENGES WE SEE?
Next steps
Contact information:

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<th>NAME</th>
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<tr>
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<td><a href="mailto:charlotte.g@urk.dk">charlotte.g@urk.dk</a></td>
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Reviewing Manifesto draft
Recommendations

1) Break the Stigma
2) Widening our approach
3) Youths as Agents of Change
GRUNDLÆGGELSE AF TEAM

Inden workshoppen mødes grupperne hver for sig og lægger grundstenene til deres forløb.

2½-DAGES TRÆNING AF TRÆNERE

På denne weekend skaber vi fortælling om kampagnen/træningsforløb; bygger relationer mellem deltagerne, skaber struktur for gruppen, lægger strategi for forløbet, og skrider til handling for at sætte det i gang. Samtidig lærer vi færdighederne i dybden, med henblik på senere at kunne begynde at lære dem fra os.

Agenda

1. INTRODUCTION AND PRESENTATION OF SURVEY RESULTS
2. PROBLEM IDENTIFICATION
3. ADDRESSING PROBLEMS: FINDING SOLUTIONS
4. GROUP DISCUSSION
5. REVIEWING THE MANIFESTO