



#letstalkaboutmentalhealth

YMCA BALLARAT YOUTH SUMMIT 2019

We spoke to young people from the Western region of Victoria about mental health and this is what they told us...

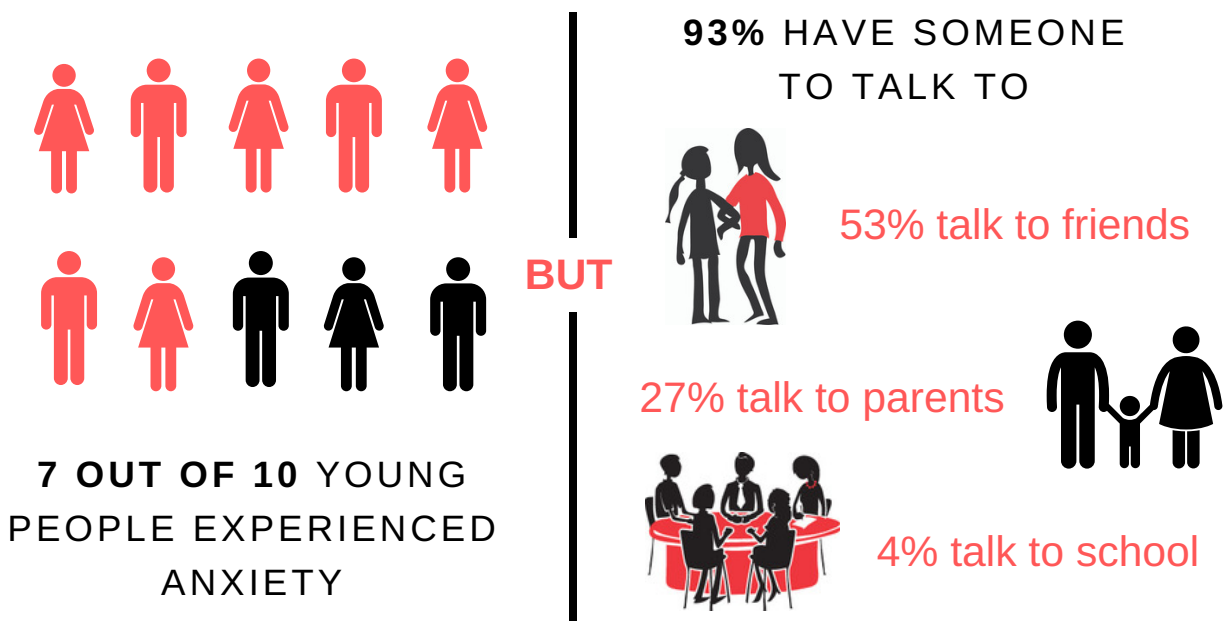


OF YOUNG PEOPLE SAID MENTAL HEALTH WAS IMPORTANT TO THEM



63% of young people said they were happy but understand mental health is a continuum

"if you're always happy, there's nothing to learn, if you're always sad, there is nothing"

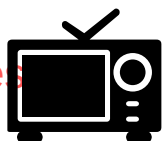


YOUNG PEOPLE HAD THE LANGUAGE TO DESCRIBE MENTAL HEALTH & ILLNESS...

Changes **Talk**
 It's OK not to be OK
 State of Mind **Self Care** Connected
 Stress Toxic and Tonic Relationships Triggers
 Vulnerable **Lonely** Expectations
 Social Awareness

...AND A LOT OF IDEAS ON HOW TO IMPROVE MENTAL HEALTH SERVICES IN THE WESTERN REGION

More advertising of services



Transport



Better funding to make it more accessible

Bring services to young people - schools or shopping malls



More Summits to talk about mental health

For full report, go to ballarat.ymca.org.au