Participation was created in 2015 to support young people to have their say on how best to shape the youth mental health services and break the stigma around mental health.

In Participation we believe that the people best qualified to encourage change in the youth mental health services is the young people themselves.

All we ask is that:

- You are between the ages of 12-19.
- You live in South Staffordshire.
- You have an interest in Mental Health.
Meet The Team

Lauren
Likes: Rock Climbing, Cats and Reading.
Dislikes: Spicy foods, Wasps and Swimming.

Emily
Likes: Animals, Harry Potter and Kayaking.
Dislikes: Baked Beans, Slugs and Heights.
Participation has already done a lot of amazing things.

Here are some of our projects that you can get involved in:

- **Interviews**: Young People can interview clinicians for new job opportunities.
- **Room Audits**: Young People can audit different rooms and bases to make sure that they are Youth friendly.
- **Mental Health Awareness Days**: These days are developed and delivered by young people for professionals.
- **Art work and displays**: Young People can help to create art work and displays for mental health bases.
- **Breaking the Stigma**: Here in participation we love projects around stigma and will undertake these as an ongoing project.
Audit Days

Training

Interviews

Presentations

Training Days

Monthly Forum Groups
If you would like to get involved in volunteering with Participation then please contact us at:

Email: participation@yes-s.org.uk

Phone: 01889 567756

‘Youth Mental Health Participation’

‘@YMHPTeam’

‘@ymhpteam’