

Would you like to take part in a conversation about the role of mental health literacy (mental health education or “first aid” training) in improving youth and anxiety in young people (aged 14 to 24)?

WHO WE ARE: The newly established Youth Resilience Research Unit at Queen Mary University of London is led by Co-Directors Prof Jennifer Lau and Prof Dennis Ougrin.

WHAT WE ARE DOING: The Wellcome Trust has funded teams to identify and review the 'active ingredients' of effective interventions for youth anxiety and depression. We are conducting a review on the role of mental health literacy (known also as mental health education, mental health awareness, and mental health “first aid” training) in enhancing understanding and recognition of mental health symptoms, and designed to improve youth anxiety and depression outcomes in 14- to 24-year-olds.

HOW THIS RELATES TO YOU: We are wanting to talk to scholars, teachers, young adults, counsellors, healthcare professionals, other general stakeholders with experience of anxiety and depression in young people. For the **young people** these discussions will involve understanding the importance of mental health literacy in their experiences of health-seeking and self-management at various stages of managing their problems, and the optimal pathways for the delivery of these programmes to maximise engagement and compliance within their context. For the **teachers and other stakeholders**, we will talk to them about the importance of mental health literacy programmes and their views on the best ways to deliver these programmes to maximise engagement and compliance within their professional sphere.

WHAT YOU CAN DO: Would you be willing to take part in online focus groups or interviews with us towards the end of September 2021? The groups should last no longer than 45 minutes to an hour.

- A focus group of around six adolescents and/or young adults, 14 and older, who have experience of anxiety or depression
- Individual teachers, youth workers, programme managers of schools-based mental health support initiatives who have experience of working with anxiety and depression to take part in an online semi-structured interview

We would also be very grateful for any referrals to potentially interested persons who we could also send this request to.

WHO TO CONTACT: Please contact me should you would like to take part or require any information or clarification, or if you have suggestions of who else we can approach.

Dr Francois van Loggerenberg
Research Fellow, Youth Resilience Research Unit, Queen Mary University of London
f.vanloggerenberg@qmul.ac.uk