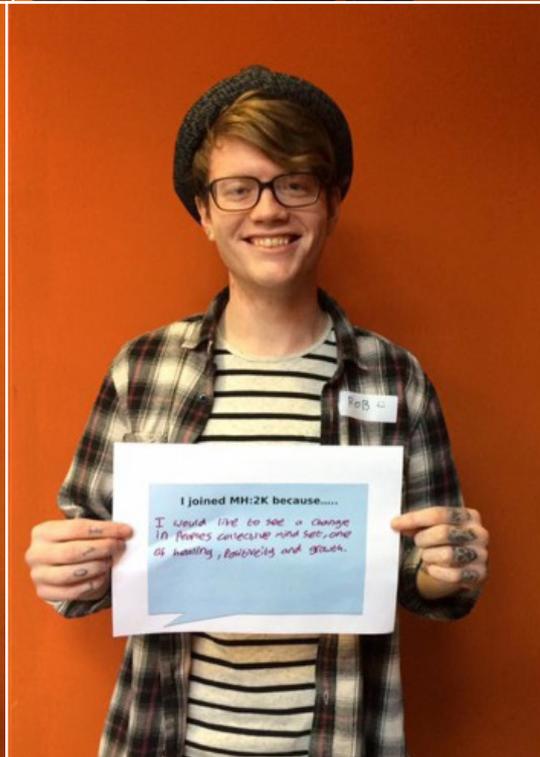
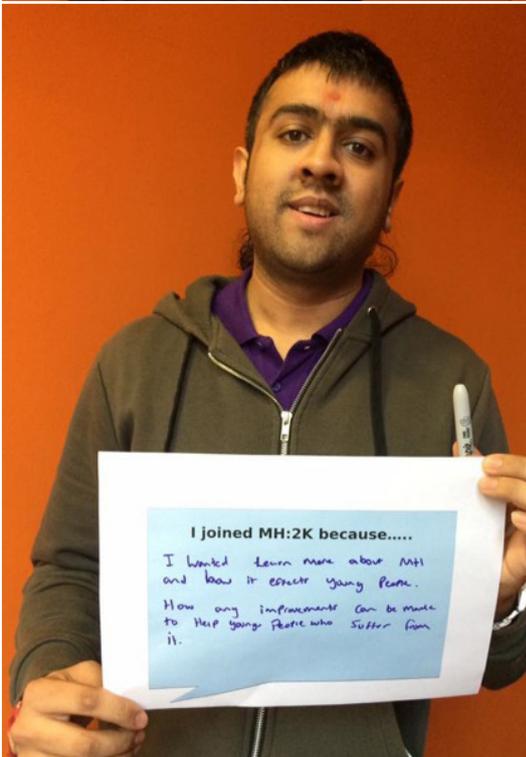
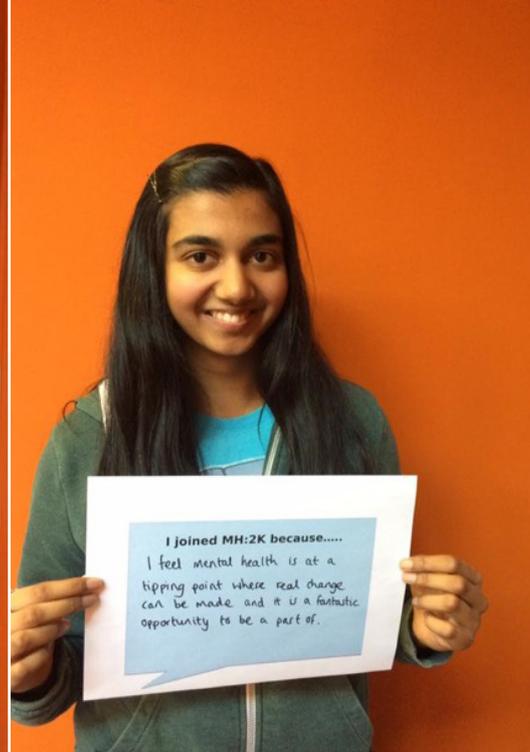


# MH2K



## MH:2K is a pioneering new model for engaging young people in conversations about mental health in their local area.

Mental health conditions affect about 1 in 10 young people, with vulnerable groups particularly at risk. Young people have a unique and vital perspective on their mental health – the challenges they face, information they need, and what is and isn't working for them.

By harnessing young people's experiences and views, decision-makers can gain deeper understanding of mental health issues in their area and new insights about effective solutions for prevention, support and services. They can better serve the diversity of their youth populations.

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**MH2K**  
Giving Mental Health a Voice

**LEADERS UNLOCKED**

involve

## How it works

In each area, we deliver the following activities:

- Recruitment of a core team of young people as 'Citizen Researchers', including those with direct experience of mental health issues and individuals from at risk groups.
- Design Days to allow this team to explore key national and local information about youth mental health, alongside their own views and experiences. The Researchers determine which mental health issues are most significant for their area. They receive training in research, facilitation and public speaking.
- Roadshow: The Citizen Researchers co-design and co-deliver workshops to engage at least 500 other young people in the topics they have identified to be the most significant for their area. The workshops stimulate informal learning and gather young people's views on the issues and potential solutions.
- Results Day: The Citizen Researchers help analyse and extract key findings. They work with local decision-makers to develop strong, practical recommendations for change.
- Big Showcase: The Citizen Researchers present their findings and recommendations to key stakeholders at a showcase event, involving facilitated conversations about next steps.
- An Expert Panel of key local decision-makers and stakeholders informs the project's work throughout its lifetime.

## Who's involved?

MH:2K is delivered by Involve, a leading charity working in the field of participation, and social enterprise Leaders Unlocked.

We are currently piloting MH:2K in Oldham supported by a Wellcome Trust People Award, Oldham Council and Oldham Clinical Commissioning Group.

## Get in touch

We're currently seeking funding from the Wellcome Trust to extend MH:2K to four more local areas. If you want to find out more or talk about potentially being one of these areas, we'd love to hear from you. Get in touch with project leads Sarah Allan and Rose Dowling, using the contact details below:

Sarah Allan, Engagement Lead, Involve  
Sarah@involve.org.uk

Rose Dowling, Director, Leaders Unlocked  
Rose@leaders-unlocked.org

Follow the progress of the project  
@LeadersUnlocked @InvolveUK #MH2K

While a Wellcome Trust grant would cover the vast majority of project costs, we do ask for a small financial contribution from local areas.

## Case study: MH:2K in Oldham

In Oldham we have recruited 20 motivated young adults from diverse backgrounds to become the first MH:2K Citizen Researchers. The team includes 50% from BAME backgrounds, 35% with personal experience of mental health issues, and 35% who are currently not in education or employment.

Armed with the right knowledge and support, the Citizen Researchers have selected 5 key priorities to address through the pilot: Self-harm; Stigma; Professional Practice; Family and Relationships; The Environment and Culture of Education. [Read more](#)

The team are currently taking their Roadshow events to schools, colleges and community groups across Oldham. The response from young people and organisations has been fantastic, and the project is likely to exceed its original target of engaging 500 young people across Oldham. Roadshow events have been booked with a wide range of organisations including an Islamic school, the Children in Care Council, the Indian Association, Oldham College, Mind, and Healthy Young Minds (CAMHS).

## Testimonials

*"To be a part of this project means a lot to me, considering where I was 8 months ago. I feel elated about the Roadshow. Some of the pupils we presented to didn't want to leave, which I think says it all!"*

**MH:2K Citizen Researcher**

*"I have been hugely impressed by MH:2K's progress so far. I have every confidence that it will deliver valuable insights into what Oldham Council can do to improve youth mental health. I am proud to be part of it."*

**Alan Higgins, Director of Public Health, Oldham Council**

*"It is great to see the CCG, Council, schools and others come together to listen to young people's concerns and ideas around mental health and well-being. I look forward to working with colleagues at Oldham CCG to take on board the project's findings and improve outcomes for local young people."*

**Keith Jeffery, Clinical Director for Mental Health for Oldham Clinical Commissioning Group**