

Positive mental health a priority for young people

Young people have shown that increasing their knowledge about positive mental health is a priority for them, by attending the Tasmanian Youth Forum (TYF) *Mental Health Matters* Statewide Forum in Launceston today.

At the event, young people will discuss how they maintain their own mental health, how they support their friends and family and how young people's mental health can be supported.

The TYF *Mental Health Matters* Statewide Forum is at the Door of Hope, Launceston and is for young people aged 12 to 25 with an online survey running in conjunction with the Forum.

TYF Policy and Project Officer, Tegan Pearce, said, "Young people can be resilient but they do have specific concerns in their lives which impacts their mental health. We need to ensure we are meeting these needs of young people".

"This forum gives young people the opportunity to share their concerns and ideas for supporting positive mental health".

Young people who are not able to attend the Forum can contribute by completing the online survey which will remain open for the next two weeks.

The findings from the Forum and survey will be turned into a report which will be fed directly to policies under development and future policy directions for the State. This Report will be available by the end of May.

The *Mental Health Matters* Statewide Forum is supported by the Youth Network of Tasmania (YNOT), the Community Development Division (Department of Premier and Cabinet), the Department of Health and Human Services (DHHS), Headspace Launceston and Youth, Family and Community Connections.

TYF is an initiative of the Youth Network of Tasmania (YNOT), the peak youth body representing the youth sector and young people in Tasmania. TYF aims to give young people the opportunity to facilitate, increase their knowledge and to be heard in their communities.

For more information:

Tegan Pearce
TYF Policy and Project Officer
Phone: 0488 235 511

Joanna Siejka
CEO
Phone: 0458 235 511
(only available for phone interviews)

(The survey can be found at: <http://fluidsurveys.com/surveys/ynot-tyf/tyf-mental-health-matters>)

