

Tasmanian Youth Forum 2023

Mental Wellbeing and Resilience

Key Findings Easy Read Document

Made by the Association for Children with Disability's *Youth Empowering Peers* group (November 2023)



Youth Empowering Peers members (starting second from left) Luke, Nicole, Jordyn and Ryan with YNOT staff Ash (far left) and Jo (far right), and Nicole's assistance dog Harper.

The YEP 2023 group has a passion for mental health and bridging the gaps between mental health services and people with disability. The gaps identified were access to create inclusion and equality.

Accessibility means access to buildings such as ramps and information that is easier to process and understand and how it can be made better, understood, and accessible to everyone.

We created an Easy read version of YNOT's youth report in which everyone has various skills to bring to the project.

Thank you, YNOT for giving us the opportunity to work with you!

Tasmanian Youth Forum 2023

Speak Up. Be heard. Drive change.

	<h1>Community</h1>
 <p>©DESIGNABLE ENVIRONMENTS INC.</p>	<p>Improve access for all.</p>
	<p>More opportunities to try new things – Non Competitive, Free or cheap, Inclusive.</p>
	<p>More community events – Free with access support.</p>
 <p>shutterstock</p> <p>IMAGE ID: 162723141 WWW.SHUTTERSTOCK.COM</p>	<p>Community spaces to hang out in.</p>



Better sportsmanship.



CONFIDENCE

Build people up in sport to improve confidence.

Support



Support us everywhere we are.



Workplaces should be safe spaces – better support and reporting events.



Better support and advice on coping with challenges



Help us support each other.



So we can support each other.

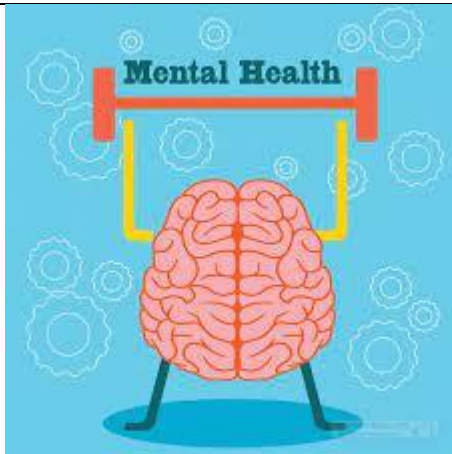
Mental Health and Resilience



Access to mental health first aid training.



Talk more about mental health openly in everyday life, to reduce the stigma and remove the awkwardness.



Mental Health training for sports clubs and community groups.

Online



Youth online portal for access to all support services – government-funded.



Social media takes our time and focus – help us navigate it.



Cyber bullying needs to be better managed.

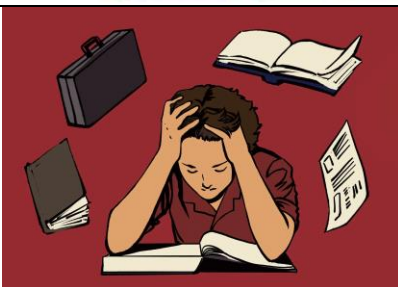
Education



We need to reduce discrimination by educating people.



Call out discriminatory behaviours.



More personalized learning in school.



Increase support services in schools.



Support should be there when we need it.



Remove reliance on school.



Speak up even when your voice shakes.