

IAYMH Youth Peer Support Package

PEER SUPPORT OFFER

IAYMH will provide informal peer support to youth attendees at the conference. Clinical support will be offered in extenuating circumstances. Prior to the conference, young people will receive peer support through the exclusive youth-only facebook group. This is informal and does not replace clinical formal support.

During the Conference, the following will be offered to all youth attendees:

- Facebook Group
- Social gatherings with youth in the evenings
- Welcome Guide
- Conference Survival Guide
- Chill Out Space
- Helping Hand Corner
- Crisis Management
- Registration and Information Desk

YOUTH BURSARY SUPPORT

Introduction

Youth Bursary holders are young people who have been granted funding, via a scrutinous application process, to attend the conference. Youth Bursary offer holders will be offered all of the below support detailed in the document on top of the buddy system. They will access the following support:

- Facebook group
- Buddy System
- Social Gatherings with Youth in the evenings
- Welcome guide
- Conference Survival Guide
- Chill Out Space
- Helping Hand Corner
- Crisis management
- Registration and Information Desk

Buddy System

Youth Bursary Attendees will be provided with specialist support. This includes a buddy system, where bursary holders will be offered a named buddy

A named "buddy" will support the youth bursary holder before the conference.

In the first case, Social media details will be exchanged between the buddy and the bursary holder. Before the conference, support will be offered online via direct messaging. Throughout the conference, the buddy will meet the youth bursary holder at the door and ask about their wellbeing throughout the youth gathering. Buddies will be assigned to other support avenues also, as detailed below in the rest of this document.

Disclaimer: Buddies are not qualified peer support workers. Their purpose is to offer comfort and connection, not clinical models of care. If a young person felt they needed more specialist support or felt in imminent risk of a mental health crisis, the safeguarding lead would need to be contacted.



IAYMH Youth Peer Support Package

BEFORE THE CONFERENCE

Facebook Group

Youth attendees will be provided with access to a facebook group to provide informal peer support. Informal Check in Spaces will be held twice a week about worries regarding the conference. 1 Check in will be with a Youth Exec member and the Youth Engagement Lead. The second weekly check in will be with a Conferene organiser and the Youth Engagement Lead.

Informal support via messenger chat is available for young people if they would like to ask private questions via direct messaging.

Welcome Guide

A welcome pack will be formulated with the Youth Exec and Youth Engagement Lead for IAYMH youth attendees. This will be released before the conference

This will include the following:

- 1) Welcome letter
- 2) Testimonials
- 3) Frequently Asked Questions
- 4) Friendly Faces
- 5) Peer Support Package
- 6) Getting round Copenhagen

The conference programme will be separate to the welcome pack.

BEFORE THE CONFERENCE

Conference Survival Guide

The Conference Survival Guide will be formulated with the Youth Exec and Youth Engagement Lead for IAYMH youth attendees. This will be released before the conference. It is a more detailed version of the Welcome pack with a lot more content.

This will include the following:

- 1) Welcome letter
- 2) Conference programme
- 3) IAYMH Exec detail
- 4) Activities such as conference bingo and advocacy snake and ladders.
- 5) Full Peer Support Package (with further details including youth bursary attendees)
- 6) Getting round Copenhagen (with further information and detail)



IAYMH Youth Peer Support Package

DURING THE CONFERENCE

Social Gathering with Youth in the Evenings

Youth Attending the conference will be offered social gatherings in the evenings of the conference to go to a park, cafe or restaurant of their choice. A poll will take place to determine where young people would like to go. This poll will take place at the Youth Gathering.

Helping Hand Corner

At any point throughout the conference, if a young person needs to talk to somebody, or needs to connect, there will be other youth organisers present there at all times.

if young people are feeling lonely, overwhelmed or just want to meet someone new, feel free to go to the "Helping Hand Corner" for support.

Disclaimer: this is not a substitute for clinical support, only for informal conference-specific peer support

Chill Out Space

At any point throughout the conference, if a young person needs some space to themselves, the "Chill Out Space" is available. There is sensory soft furnishing.

If a young person is feeling overwhelmed or emotionally distressed, the chill out space is a designated safe area to regulate your emotions and return to baseline. . Please note that this is an area at the venue, not a separate room



Crisis Management

In the case of a distressing situation of crisis, 2 clinicians are on-call if needed. If there is a moment of mental health crisis, a staff member of IAYMH will walk with you to a dedicated room and another staff member will look for a clinician. We are here to help and want to make this the best experience possible for you however we know that some young people have mental health difficulties.

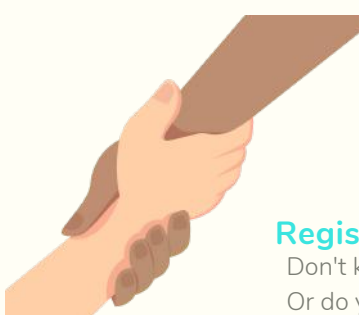
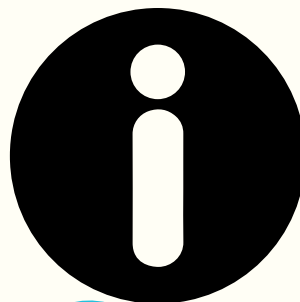
Clinicians will be contactable once you alert the registration desk of a crisis.



Registration and Information Desk

Don't know where to go for the plenary session?
Or do you need help know what is on the conference programme.

There will be an information help stop where conference organisers, Advantage, will sit and assist with conference-specific questions.



IAYMH Youth Peer Support Package

DURING THE CONFERENCE

Friendly faces On-Hand to Help You at
the Conference



Jimmy, Canada, Youth
Exec member



Oluwaferanmi, Nigeria,
Youth Co-Convener



Mads, Denmark, Youth
Co-Convener



Mercy, Malawi, Youth
Exec Member



Zaynab, UK, Youth
Co-Convener

