



# IA Youth Mental Health Youth Welcome Pack

# IAYMH Youth Welcome Letter

Dear IAYMH Conference Youth Attendees,

Wow! You have made it, Go you! You are officially coming to the IAYMH 2022 Copenhagen conference! What an achievement.

The Youth Engagement Team at the conference would like you to know that you will be supported. Please read the pack to understand more about the following:

- Testimonials
- Frequently Asked Questions
- Friendly Faces
- Peer Support Package
- Getting round Copenhagen

There is a separate Conference Survival Guide for young people who want to know more about the offer.

You should be so proud of yourself. We can't wait to meet you, learn from you and grow with you!

Enjoy your time at the Conference. Sending unconditional positive regard.

Warm Wishes,

Zaynab and Youth Engagement Team at IAYMH



# IAYMH Youth Testimonials

**Neil, UK, attended last 2 IAYMH conferences**"The IAYMH conferences in Dublin and Brisbane were both wonderful and eye-opening experiences for me. I got to meet many other young people and researchers with a passion for youth mental health, and it introduced me to the incredible work taking place internationally to support young people."

**Sarah, Australia**"IAYMH 2019 was an inspirational event that brought together hundreds of people with a shared passion for youth mental health and provided a global stage to share innovations from the field. The conference helped define the way that I work with young people and brought great motivation for change amongst attendees . IAYMH 2022 is being hosted at a crucial point in the youth mental health space after several difficult years of COVID-19 and I could not be more excited to see how we can work together again this year."

## Other Testimonials:

- "Excellent - great variation and diversity and input and involvement from young people throughout the conference was phenomenal"
- "Wide range of topics, targeted at a range of audiences."
- "Really important that youth were a part of each and every session and presentations, were treated as equals and had their say in every plenary sessions, and the Workshops I went to."
- "Loved every minute"
- "There were many opportunities for young people to meet each other and interact with researchers, clinicians, and other conference participants."
- "I was very impressed by the genuine involvement of young people in so many aspects of the conference."
- "Loved the presence of young people at the conference, the bursaries to assist them to be there was a great idea"

# IAYMH Youth Friendly Faces



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



# IAYMH Youth Frequently Asked Questions

## What do I do if I have an Emergency?

In case of emergency, you call 112

In case you need to go to the emergency room, you call 1813

## What are the covid restrictions in Copenhagen?

Right now, there are no Corona restrictions in Denmark.

Here you will find the applicable rules: <https://coronasmitte.dk/>

If you need to take a test, you find the prices here:

<https://www.promedical.dk/>

<https://tepotesten.dk>

## What do I do if I am coming to the conference alone, without an organisation?

Feel free to reach for support via the Helping Hand Corner or speak to one of the youth conveners/exec to help you connect with other youth attendees

## What do I do if I am struggling with my mental health during the conference?

Head to the chill out room or Helping Hand Volunteers. This is an area/space rather than a room. If there is a mental health crisis, contact the registration desk and they will contact a clinician. Your mental health is paramount and we want to make sure you are ok!

## Where can I find coffee/cake in Copenhagen?

Please see below page 9 for more information on this

## How do I get around Copenhagen?

Please see below page 8 and page 10 for more information on this

## What are the Hashtags to share on social media about the conference?

At the moment, the hashtags are #IAYMH2022 but stay tuned to hear about new hashtags as they will be announced closer to the time!

# 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
- Registration and Information Desk

## 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 Conference 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.

## DURING THE CONFERENCE

### 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. Look out for this symbol:

### 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

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 Copenhagen Transport

Transport around Copenhagen:

September/October in Denmark can be both warm and cold/rainy, so please check the weather forecast before you leave.

Copenhagen is very pedestrian friendly, and it is very easy to around by foot or by bike (you can for example rent a bike here: download the app: Donkey Republic ). Then you get around on a short or a long trip. You decide. You pay less the longer you drive.

S-trains go every 10 minute and Friday/Saturday night between 00:00 and 06:00.

Metro is available all the time. Every 2nd-3rd minute during the day and every 7th-8th minute at night.

It is very useful to download the app: Rejseplanen. Here you can see all trains, metros and buses.

The cost for one way in center of Copenhagen is between €2 and 2.50.

Taxis are of course available from the airport or the central station but are quite expensive.

Taxi from the airport to the conference is around €40.

Metro is around € 8.00

Taxi's are hard to find in Copenhagen!



# IAYMH Youth Copenhagen Food

## Where to eat

Copenhagen has a lot of different places to eat, which covers all types of requirements. You will find the most expensive restaurants in the center of Copenhagen, mostly situated near Kongens Nytorv, but these 4 restaurants are all situated near the conference center and are nice and not expensive:

Pizza - <https://wearegorms.dk/> - 2 restaurants and 3 pizzabars in Copenhagen

Vegetarian/Vegan food: <https://www.madglad.net/> - 8 minute walk from Copenhagen Central station

Burger - <https://www.burgerjoint.dk/> - situated in "Kødbyen" – 6 minute walk from Øksnehallen

Mexican - <https://lovesanchez.com/> - situated in "Kødbyen" 4 minutes walk from Øksnehallen

You can also find foodcourts like:

Broens Gadekøkken: <https://broensgadekoekken.dk/>

Tivoli Foodhall (Tivoli is closed during the conference, but the food hall is open)

<https://www.tivoli.dk/da/mad-og-drikke/tivoli-food-hall>

In "Kødbyen" you find bars and nightclubs.

"Natbar" is also a nightclub in Nyropsgade 39-41, 1602 Copenhagen V.

Remember to bring either passport or driver's license.

Cakes: if you are a cake lover, you must try "La Glace" <https://laglace.dk/>

It is the oldest patisserie in Copenhagen and was founded in 1870, but is a very busy place, so to make sure to get a seat, please book in advance. It is worth a visit.

"To go cake and coffee": "Lagkagehuset" <https://lagkagehuset.dk/>

Coffee/tea: "Den lille gule kaffebar" <http://www.denlillegulekaffebar.dk/>

"Kaffe" <https://www.kaffeistedgade.dk/>



# IAYMH Youth Copenhagen Attractions

In Copenhagen there are a lot of parks that you can visit:

Kongens Have (which is next to Rosenborg Castle). Kongens Have is free to visit. Rosenborg Castle, where you can see the queen's crown jewels, the admission fee is €11 for students and €17 for adults.

Ørsted Parken, Frederiksberg Have are also free to visit.

Botanisk Garden is free to visit, except "Palmehuset", which is €9 and if you want a tour the cost is €21.

A nice place to stroll is Nyhavn, which is near Kongens Nytorv. Here you will find lots of restaurants and boats. If you want to see Copenhagen from the waterside, you can either choose "Nettobådene" (the cost is around €7) from Nyhavn, where a guide will tell you about all the buildings and the history. If you would rather, do it without a guide you can take "Havnebussen" (the cost is around €4), which is more like a normal bus.

Strøget – the long pedestrian street in Copenhagen with fashion clothes, shoes, jewelry and much more.

Other places to see: Christiania (the fourth largest tourist attraction in Copenhagen) is a commune in Copenhagen. It began in 1971 as a military base. Its Pusher Street is famous for its open trade of cannabis, which is illegal in Denmark. Please be aware that taking pictures is NOT allowed. Please also avoid using your cellphone near Pusherstreet.

From Christiania you can walk 3 minutes, and then you find the beautiful church "Vor Frelzers Kirke" (Our Savior's Church). It is best known for its spiral spire, where you can walk the 400 steps to the top outside the church.

Amalienborg Castle where our queen lives is also worth visiting.

From Rosenborg Castle, the guards march every day from the barracks towards Amalienborg for the change of guard at 12 o'clock, where they replace their comrades. The parade goes through the city - often with a band. Rundetårn in the center of Copenhagen is spectacular. The entrance fee is €6, and then you walk all the way to the top. The only way is Sneglegangen, a smoothly ascending spiral ramp of about 200 meters. It is followed by 2 staircases, before you enter the viewing platform, where the view over Copenhagen is stunning.

Last but not least you can take a hop on/hop off bus <https://www.redsightseeing.com/copenhagen>  
Attractions outside Copenhagen:

Louisiana – Museum of Modern Art: <https://louisiana.dk/>

Kronborg – Castle in North Zealand: <https://www.kronborg.dk/>

Vikingskibsmuseet – Museum with Viking ships: <https://www.vikingskibsmuseet.dk/>

