

Youth Mental Health and Employability Research

Evie, Poppy, Hayden and Emily

Background

- ❖ We found out about this group through my schools year group Teams page posted by Mr Queenan.
- ❖ Emily and Poppy were interested and asked me and Hayden to join them so we did, and I'm glad we did since we have learned so much more about what makes someone employable or how mental health could affect someone's daily life.
- ❖ Here's what we have found out

About the Survey

- ❖ We spent 2-3 weeks setting up for our survey by creating questions on the a mix of employability skills and mental health awareness, creating a box for the completed survey and setting everything up including a poster for people to tell us how their day was.
- ❖ We did the survey at Graeme High S1-S3 lunch. Around the Social space we had QR codes for people to do the survey either online or on paper.
- ❖ The turn out was great!

Mental health and illness

- ❖ We have learned about loads of different types of mental illnesses and how it affects peoples lives and their likeliness to get job or further education.
- ❖ We have learned that:
- ❖ Anxiety- anxiety is a feeling of unease such as worry or fear which can be mild or severe.
- ❖ Depression- depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.
- ❖ Bipolar- bipolar is a mental condition marked by alternating periods of elation and depression.
- ❖ These are just a few mental illnesses and there are so many more theses all have huge effects on our mental health and how everyone views society.

Research Methods

- ❖ Throughout the project we discussed several research methods
- ❖ We used two different research methods for the survey
- ❖ The first was an online form, the second method was a paper questionnaire
- ❖ Both options had the same questions which have been thought of by the four of us
- ❖ We also discussed other research methods and their pros and cons, this was displayed on a flip chart
- ❖ One method that we discussed heavily was 1 to 1 sessions, this is what we came up with

1 to 1 Sessions

Pros

- ❖ Get lots of detailed information
- ❖ Can adjust questions depending on the situation
- ❖ If the participant is struggling it is easier to help them

Cons

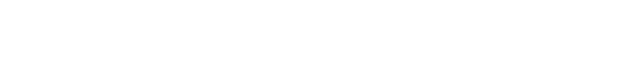
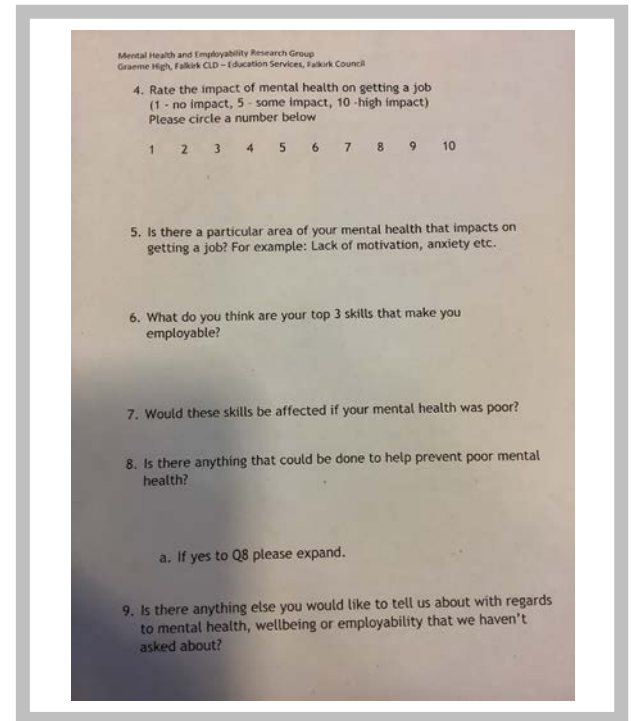
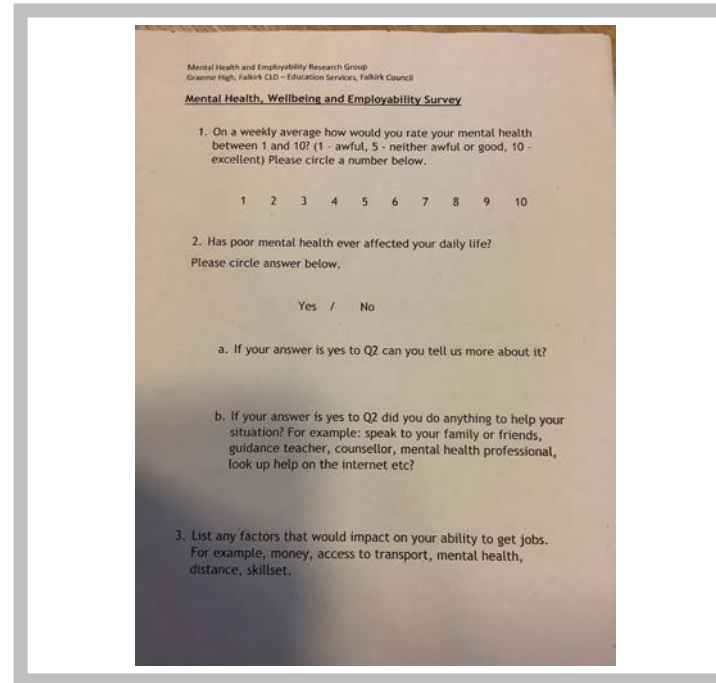
- ❖ Can be awkward
- ❖ Could increase anxiety for both parties
- ❖ Not anonymous

Our Research Questions

- ❖ We were taking part in Youth Work Week, so we broke up into pairs and came up with 9 questions because the theme for Youth Work Week was 9 reasons why
- ❖ All CLD run youth groups were invited to take part in the challenge, so we decided to get involved
- ❖ After we came up with 9 questions in each pair we condensed them into 9 questions

The Questions we made up

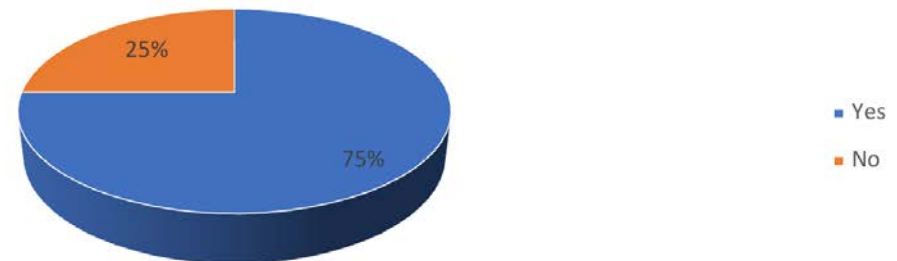
Here are images of the questions we created



Statistics

- ❖ We got 65 responses from the mental health and employability survey.
- ❖ When we asked people how their week was going the average answer was 7 when rated between 1-10 (1-being bad and 10 being great).
- ❖ We asked people to rate the impact of mental health on getting a job the average was 5 ½.
- ❖ Here is a pie chart including the results of the question “has mental health ever affected your daily life”.

Has poor mental health ever affected your daily life?



The Survey At School

- ❖ We set up a table in the social space during S1 - S3 lunch. We had a poster on the wall and some post-its on the table so that people could put a post-it on the poster to show how they were feeling that particular day.
- ❖ As well as a box for the completed paper surveys we also made QR codes that we put up around the social space so that people could fill it in online instead if they wanted to. The four of us were at the table so that if people had questions about the paper survey or didn't understand some of the questions we could help them.

Recommendations

- ❖ Regular check ins to see if anyones needs have changed.
- ❖ EMA payment for all young people not just based on the household income.
- ❖ Good quality work experience needs to be available to all.
- ❖ Training sessions need to be more accessible, no more that 2/3 buses.
- ❖ Training on awareness of employment rights surrounding mental health.
- ❖ Training sessions should be flexible and travel money should be provided.

Our Thoughts

Evie

❖ I personally think this group was a great opportunity to learn new things with great people.

Hayden

❖ I think this was a really good experience because I now understand how other people feel and their views on mental health.

Our Thoughts

Emily

❖ I think this group has helped me massively with my confidence skills. As well as learning much more about Mental Health and Illnesses that I wouldn't have known without joining.

Poppy

- Personally I feel like I've gained so much experience in research projects, lots of confidence and information on mental health.

Our Final Thoughts

- ❖ In conclusion, we have learned lots of information about Mental Health and Illness. Also about different research methods, these helped us when we carried out the survey in school.
- ❖ Thank you for listening to our presentation!
- ❖ Lastly, here is a video of us completing the project.

