

Title: The youth mental health crisis: prioritizing young people's voices for co-designed responses

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Authors: Gill Callister, Anoushka Wootton, Laura Hayes, Nicola Ballenden, Katie Larsen.

While distress has increased across the population, it is most marked in young people. It is commonly believed that factors such as uncertain future prospects, loneliness, employment challenges and pressure at school are hitting young people most strongly. The impact of reduced physical movement, social media, sleep disruption and body image concerns cannot be discounted either.

Given the profound cohort effects, the current generation could live with much worse mental health trajectories for the rest of their lives. The risks for subsequent generations could be even worse.

Some young people are more vulnerable than others in this crisis, including young people living in families with lower incomes, females, those with diverse gender or sexuality, those living in Out of Home Care and First Nations youth.

The highest risks are for intersectional groups. For instance, first Nations LGBTIQSB+ young people can feel "invisible" in the health system.

Some ways forward for young people and the services that support them include:

1. Consultation, co-design and co-production of services
2. Peer support and lived experience leadership
3. Trauma-informed psychosocial supports that are tailored to support a client's recovery and developmental trajectory