

# YOUTH MENTAL HEALTH PANEL



## ROLES EXPLAINED

Learn about the role you can play in our Youth Panel

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YOU

# Core Youth Panel

A core youth panel member will advise, support, and assist Action Mental Health to make children and young people's mental health better across Northern Ireland. This will involve supporting the development of Action Mental Health (AMH) emotional well-being programmes for children and young people and engaging with the Northern Ireland Assembly and other key partnerships, such as Our Generation, to support and improve policy in Northern Ireland. A core youth panel member will be required to attend at least three youth panel meetings each year during which the panel will meet with Action Mental Health staff and/or other core partners such as the Supporting Committee. These meetings could include discussing, and developing current AMH programmes, providing feedback and further guidance for government proposals and publications, for example, outcomes from the All-Party Groups for mental health, and suicide prevention, and recent health and well-being frameworks for young people.

It is important that the panel becomes led by the young people rather than AMH over time, AMH will also organise induction and training for new panel members to help them become more confident in telling us what they think and in taking the lead on youth mental health issues.

# Wider Membership Panel

A young person who is part of the wider membership group will take a more background role through telling the core youth panel about what they think about things, which are important for mental and emotional wellbeing. This could include completing mental health surveys online, and sharing opinions on current frameworks and policy for youth mental health in Northern Ireland. The core youth panel may extend invitations to the wider membership group to help with projects and programmes and to attend events throughout the year, but this is not a requirement.

Unlike the core youth panel members, the wider membership group are not expected to attend any meetings, or events, and their level of engagement is much more flexible.

All young people on the wider membership group will be asked to confirm 'data consent', to allow AMH to collect and store information needed to keep in touch. This consent can be withdrawn by the young person and/or a parents/carer at any time.

# Supporting Committee

A supporting adult committee will be established to support and assist the work and progress of the youth panel, including implementation of safeguarding processes. The committee members will be interested individuals who have expertise to contribute in areas such as Children and Young People's mental health, participation and engagement, and safeguarding. It is anticipated the supporting committee will include 5/6 adults as well as four core youth panel members who will sit on this committee to update on progress and bring back suggestions to the youth panel.

The committee will aim to safeguard the vision, values and reputation of the Action Mental Health Youth Mental Health Panel. This will include: contributing relevant information to support decision making by the youth panel, handling complaints and safeguarding issues constructively, impartially and effectively, promoting equality and good relations, and ensuring open communication between all members, staff, participants, and stakeholders.

# The Details

## Commitment

AMH Core Youth MH Panel members will be asked to commit to two years of membership, they will attend:

- At least 3 panel meetings per year
- Relevant training sessions

Members will be asked do some preparation for these meetings, AMH staff will help with this. Meetings will mostly be virtual but we hope to have some face to face meetings as well.

Some meetings will be held on weekdays and it is likely that others may take place on evenings or weekends.

## Privacy and consent (including data protection)

AMH will ask for consent from all young people to collect and store personal information such as name and address. The young person and/or a parent/carer can withdraw this consent at any time.

Joint member and parental consent for participation will be sought for all panel members aged 13-15, parents or carers of panel members aged 16-17 will be informed about the role. The young person and/or a parent/carer can withdraw this consent at any time.

## The links

### Young People/Parents/Teachers/Carers

To find out more about our youth panel join us at one of our zoom sessions (info below).

You can also email us for further information at: [youthpanel@amh.org.uk](mailto:youthpanel@amh.org.uk).

Parental consent for participation in the Core Panel will be required for those under the age of 16.

LEARN MORE



Sign up to our zoom [here](#)

## Zoom Sessions

Come join Laura and Caiti for our zoom info sessions.

When: 15th/16th/22nd of November 2022  
Time: 7pm-8pm

Hit the link above to let us know you are interested and we will send you a zoom invite and more information.