

# Tāmaki Youth Wellbeing Project

“Tāmaki Youth Wellbeing” is a direct response from our community that experienced a high number of youth suicides in 2017. We have been volunteering collectively over the last six months to create a united community response. Through out that time, we have engaged with over 90 community members - local community workers, organisations, those directly affected by the loss of life from suicide, and youth. We now have a combination of eight ideas that the community have asked for, and we need to secure funds and access to resources to test them out and see what will help to grow youth wellbeing in our community.

## **1. Create drop in spaces for youth to gather with support**

Youth and families have told us that there are no safe places for young people to hang out, be themselves and talk to safe adults for support. We want to create these and have started with the Panmure Hall on three nights a week.

## **2. One-one Mentoring for at risk youth with local adults**

We're linking with Brothers In Arms Mentoring to create workshops and supervision to help families learn how to walk alongside their young people and mentor them through the teenage years.

## **3. Survivors Group for whānau and friends directly impacted**

Families that have experienced the lose of a loved one to suicide are able to gather on a regular basis in a supporters group with an experienced and licensed counsellor.

## **4. Building new connections between local schools and community**

The community have shared that they would like to see a stronger connection between schools and community. The whole project will work to build up these connections through out our ideas.

## **5. Relevant suicide prevention and wellbeing education programmes available for all**

Bringing experts into our community of Glen Innes and Panmure to offer education programmes to prevent suicide and build wellbeing.

## **6. Identifying best practice and evaluating our current practice as a community**

Creating a Youth Wellbeing Index to understand what works in creating wellbeing and what our young people believe we need to change in our community to make it better for them to grow.

## **7. Collect 'our stories' about experiencing mental unwellness and journeying through it**

Growing a collection of stories where local people can share their personal journeys from mental unwellness, back to wellness. These stories will be shared through online media.

## **8. Creating social media campaigns focusing on themes of growing towards wellness**

Building with young people wellness campaigns for them to understand how to navigate social media safely and share positive wellbeing messages.

We have already started to trial some of these ideas and they are gaining momentum every week, we plan to receive funds by April and work intensely on them for six months until September 2018 and then re-assess. Any ideas that work well, we will build sustainability around to make sure that they continue.

