LEADERS UNLOCKED

Leaders Unlocked & MHF Young leaders

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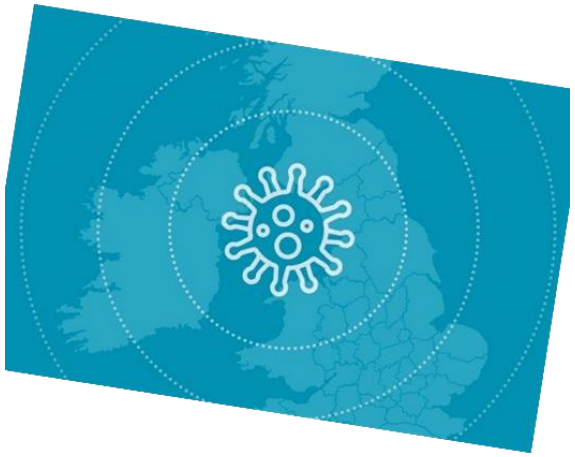
About us

- Leaders Unlocked enables young people and underrepresented groups to have a stronger voice on the issues that affect their lives. In education, policing, health, justice and elsewhere, we help organisations to involve the people who matter and shape decision-making for the better.
- 36 motivated YP

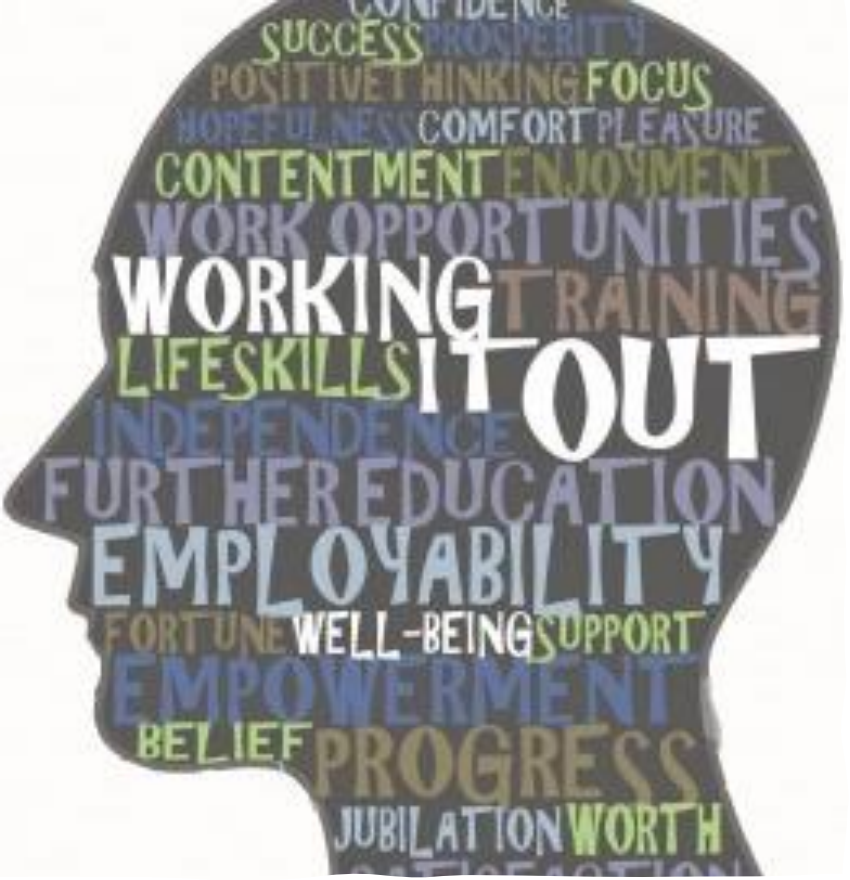
Mission of MHFYL:

1) Better understand the MH and wellbeing of YP
2) Respond to the needs of young people.
3) Influence and shape projects and campaigns.



Key areas:

- **Research** – Covid-19, State of Generation
- **Communications** – Loneliness, nature (Green space)
- **Policy** – Recommendations for Body image and loneliness



Key areas continued..

- **Shame**: Will explore the areas and systems that the young leaders feel shame needs to be tackled. Will build on the ideas shared in the initial workshop this year

Further ideas for the next phase

- Work on **eating disorders, trauma and suicide/suicide prevention**
- **Mental health in BAME groups:** understanding cultural differences

Things to take away…..

1. Embedding and accelerating digital change

2. Collaborative working

3. Equitable healthcare and cultural diversity

Thank you!