

# How NGOs can build resilience in young people with mental health problems

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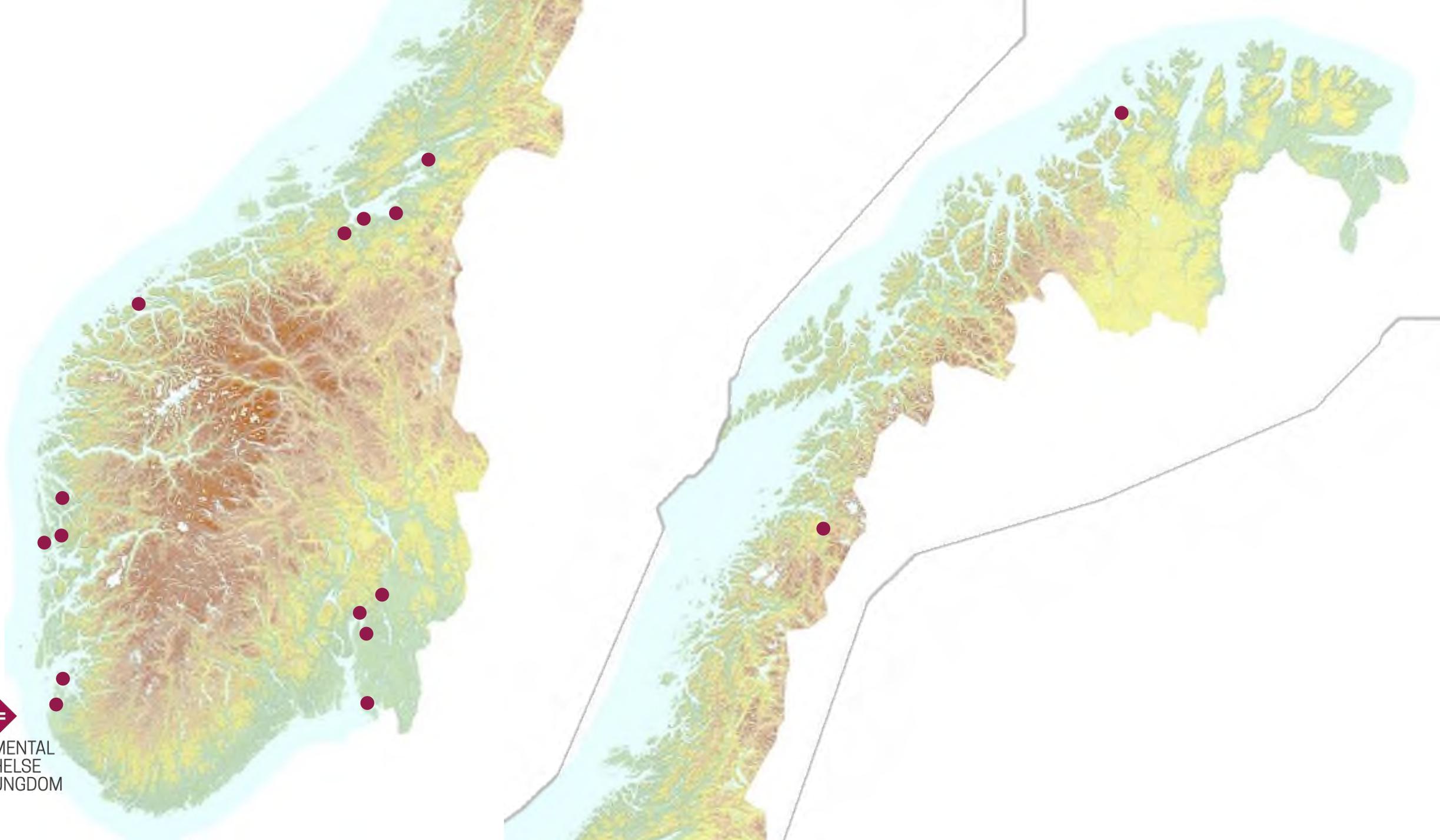
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Youth Mental Health Norway  
was founded in 2005, for young  
people, by young people.





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# Problem

Young people are ending their own lives, because they feel like there's no other way out.



# Problem

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# Solution

Give them just one reason to choose life.



# Ambition

No one should ever feel so bad that death becomes the only way out.



# Solution

Give them just one reason to choose life.

So, how do we put the  
solution into practice?



# The “whys”

- No one should ever feel so bad that death becomes the only way out
- Young people who struggle have no one to talk to
- Many young people don't want or dare to talk to mum or dad
- Someone has to reply to the messages not even mummy receives
- Young people don't get the help they need from the health services
- There are a million reasons why someone might want to end their life. However, they only need one to choose life.



# What?

- Give young people purpose
- Make sure no one feels lonely
- Give young people a meaningful life
- Give young people something to look forward to
- Give young people a feeling of mastery
- Make young people feel a sense of belonging
- Give young people an opportunity to influence the world they live in



# How do we do it?

- Local chapters/meeting places • Youtube
- Chat
  - Help chat
  - Law chat
- Advice and counseling
- Activities
  - Summer camp
  - Hiking
  - Regional meet ups
- Boxing
- Animal assisted work training
- Support to re enter education
- Lots of others....





The power of peers.





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Our meeting places are places of happiness  
and progress, not sadness and problems.

Because our mutual understanding of underlying challenges and struggles create safe spaces to be authentic and honest.



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It's ok to have a bad day...



...which  
means that  
people  
show up,  
even on  
dark days.



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And if they don't, the peer group will let them know that they're missed.

A photograph of two young women sitting on a floral patterned couch. The woman on the left is holding a slice of pizza towards the woman on the right, who has her mouth wide open in a joyful expression. The woman on the right is also holding a large bowl of popcorn. In front of them is an open pizza box. The scene is lit with warm, indoor lighting, and the background features a wall with abstract blue and white patterns.

The power of pizza.





You'll find nizza evervwhere  
in our organisation.



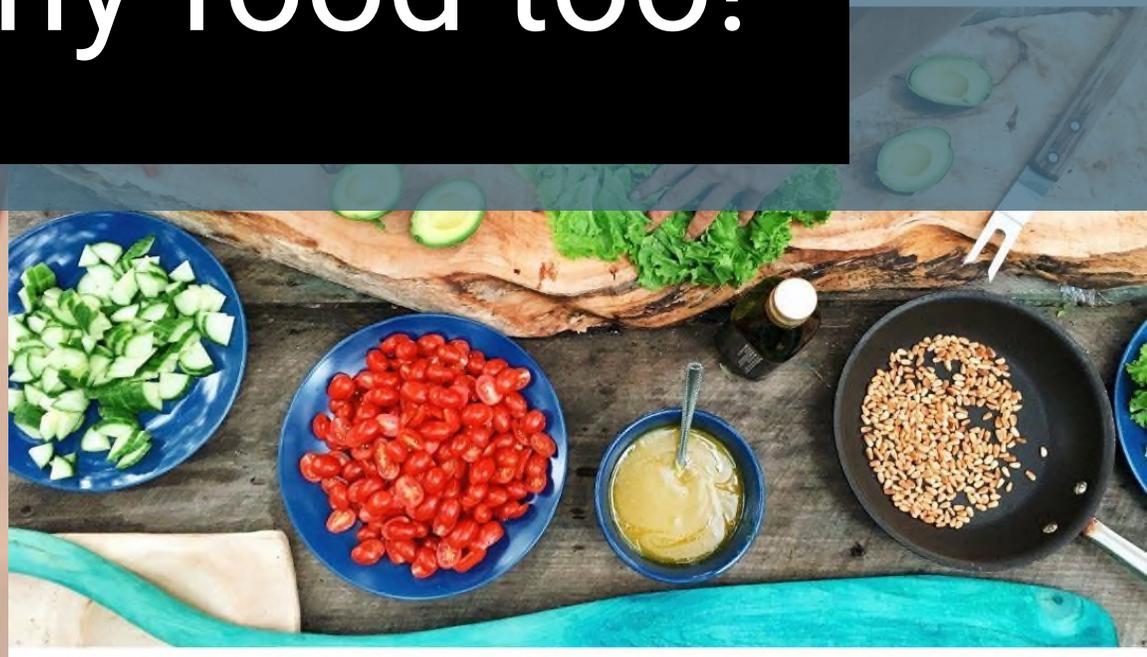
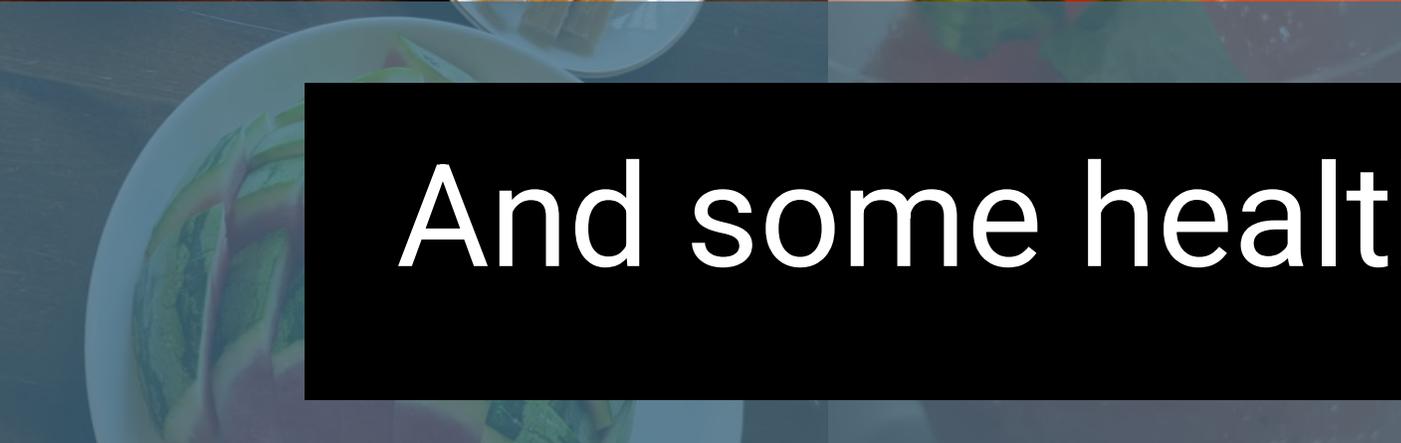


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**Har du stått i en lignende  
situasjon, og kunne tenke**

**deg å hjelpe oss å utvikle  
hart?**

**And some healthy food too!**



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There's even courses  
on how to cook  
healthy and delicious  
food!



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**Har du stått i en lignende  
situasjon, og kunne tenke  
deg å hjelpe oss å utvikle  
matlagingskurset vårt?**





Pizzas have saved lives.  
And lifetimes.



Young people who have been seriously ill for years have recovered because of pizza.

The power of friendships.



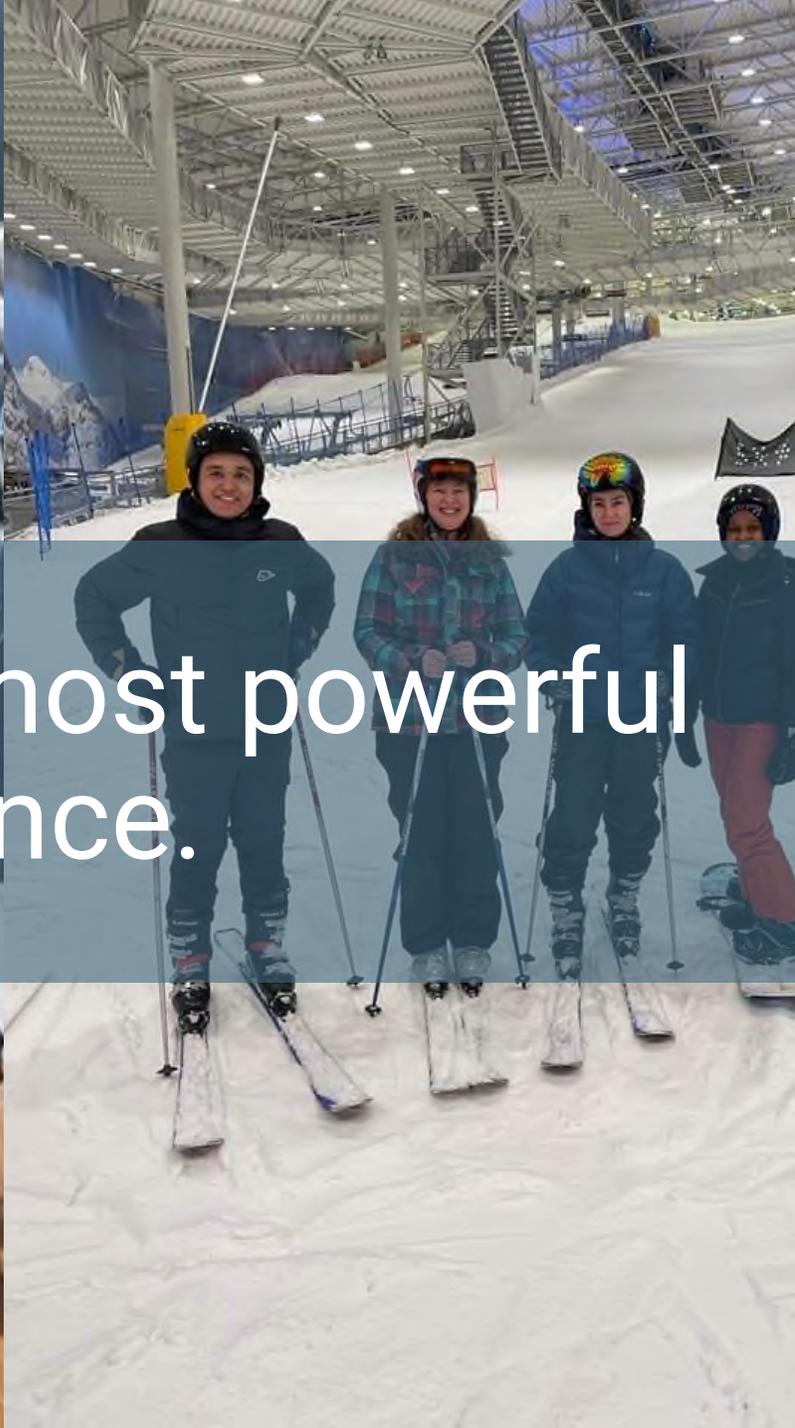
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Imagine that everyone you  
hang out with are paid  
to be your friends.



Imagine not having any friends at all.





True friendships are one of the most powerful things that build resilience.

Giving someone just one reason  
to choose life is simple, really...



...but simple does  
not mean easy.



It means lots of money to  
build infrastructure to  
create robust networks of  
enthusiastic young people.



Young people who have  
more than their fair  
share of problems.

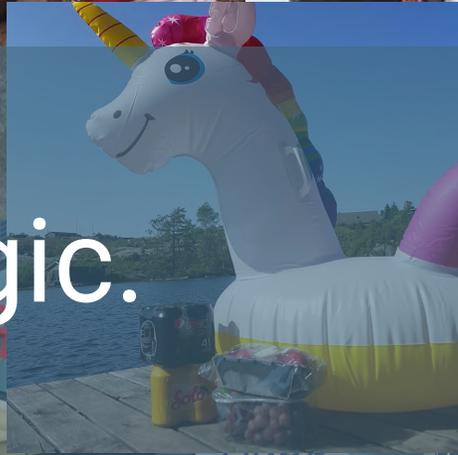


But they're the only ones who  
can create safe spaces,  
friendships and experiences that  
will last them a lifetime.





And that's magic.





Thank you!

