

**14-25 years old and living in Derby or Derbyshire? Would you like to be part of a youth-led project on mental health?**

**MH:2K** **Application Guidance Notes**

*Please read carefully before filling in your application form.*



*“MH:2K has allowed me to open up and feel confident enough to speak to new people. It has helped me articulate how to speak to a large group of people in a professional way.”*

**Young person, MH:2K 2021**



*“The teamwork, strength and heart we all bring to the team*

*is second to none and has been the best experience to be part of.”*

**Young person, MH:2K 2021**



*“Being a part of the project has also helped*

*me view my own mental health differently to*

*ways I would have never before.”*

**Young person, MH:2K 2021**

1. **What is MH:2K?**

MH:2K is a powerful new model for engaging young people in conversations about mental health and emotional wellbeing in their local area.

Developed with funding from the Wellcome Trust and participating local areas, it empowers 14–25 year olds to:

* Identify the mental health issues that they see as most important;
* Engage other young people in discussing and exploring these topics;
* Work with key local decision-makers and researchers to make recommendations for change.

In Derbyshire MH:2K is delivered by social enterprise Leaders Unlocked, in partnership with Derbyshire County Council, Derby City Council, and NHS Derby and Derbyshire CCG.



1. **Who can join MH:2K?**

We are looking for participants aged 14-25 years who are currently living in Derbyshire and have an interest in mental health issues. Anyone from this age group who is living in Derby or Derbyshire can apply. In total, we are seeking to recruit up to 15 new young people to join the existing group.

We are looking for young people who are team players and willing to get involved with all the events and activities that are part of MH:2K (see the next page for more information on what’s involved).

We are very keen to ensure that the team is made up of a diverse group of young people who broadly reflect the make-up of the local population in Derby and Derbyshire, including those who may have personal experience of mental health – either themselves or through family and friends.



1. **If I join, what will I have to do?**

Between July 2022 and April 2023, members of the MH:2K team will:

* **Take part in 6 ‘Design Days’:** You will participate in six MH:2K Design Days over the course of the year. These are interactive workshops where you get to collaborate directly with key professionals to share your views, expertise and advice as young people on specific pieces of work. For example, these might be; eating disorders, crisis response and health equality. You will explore and discuss research around mental health, and design ‘peer-led research’ to get other young people engaged. At these Design Days you will also develop practical skills to prepare you for the research phase.
* **Attend 5 focus meetings:** These will involve interactive discussions (both online and in-person) as a group to help tackle specific requests from the professions such as; designing a social media guidance document for Derbyshire services - Focusing on how to reach a local target audience, on different platforms, with meaningful and helpful content. We hope that over the year, each person would take part in at least three of these.
* **Carry out peer-led research:** You will act as a ‘Citizen Researcher’ helping to run online surveys, interviews and focus groups with other young people in Derby and Derbyshire. In total we will reach between 200-300 young people across the region. As a rough guide, we would expect each member of MH:2K to attend at least 2-3 online events. Events usually last 1-2 hours each.

* **Take part in a Results Day to develop recommendations for change:** MH:2K members will work with experts to discuss and analyse the information gathered from young people through the peer-led research, and develop realistic recommendations for change to be put forward to local decision-makers.
* **Help to host the Big Showcase event in April 2023:** At this final showcase event, you will have the opportunity to present MH:2K’s results and recommendations to the people who can make change happen. You will be a part of discussions with decision-makers, experts and other young people.



**4. What will I get from being part of MH:2K?**

* **Discuss issues with decision-makers and researchers:** You will meet experts and decision-makers from organisations working on mental health from across Derbyshire and help them to understand what young people in your area think about mental health and the changes they’d like to see.
* **Develop your knowledge, skills and experience:** You will gain valuable knowledge, skills and experience, including research and public speaking skills, which you will be able to use for your CV, when applying for jobs or to Further or Higher Education.
* **Become ambassadors for other young people:** You will give a voice to young people in your area by helping them to get their views heard.
* **Meet new people:** You will meet a diverse range of other young people living in Derby and Derbyshire, and work alongside professionals from different organisations.



**5. Will my expenses be covered?**

Some workshops will take place on Zoom and others will be in person. For those able to travel for workshops, we will reimburse your travel expenses to and from all events. We can also cover the travel expenses of a chaperone if you are under the age of 18. Your travel expenses will be reimbursed in cash on the day of the event, as long as you bring your receipts along with you.

We provide all the food for MH:2K events, so travel costs should be your only expenses.

Please note: We expect members to take public transport (e.g. train, tram or bus) wherever possible. However, if you think you need to drive then please do let us know in advance and we may be able to cover the costs of petrol (paid at 45p per mile). If your only option is to take a taxi, we may also be able to cover your taxi fare, but only if you check with us in advance.



**6. How do I apply?**

Please fill in the enclosed application form and email it to anna@leaders-unlocked.org by **Friday 8th July 2022**.



**7. What happens next?**

Once we receive your application, we will then carry out brief telephone interviews with a shortlist of applicants. All applicants will be informed by the week after the application deadline whether they have been selected for interview.

**Remember: Please email your completed application form to** anna@leaders-unlocked.org **by Friday 8th July 2022.**