

Giving Hope, Supporting Recovery and Building Futures: Young Consumers share their experiences

Angel Richer

Independent (Consumer), 4/14 Hayes Street, Shepparton VIC 3630, wrangle99@gmail.com

This presentation aims to share the experiences of young people living with and recovering from mental health problems, highlighting what has worked for them in giving them hope, supporting their recovery and building a better future.

This will be a reflective presentation based on the experiences of young people aged 16-25 who have experience of using local clinical and community based mental health services. Comments will be drawn from individual experience and through a series of interviews with young people. The presentation will be augmented by audio recordings and photos.

From this presentation people will gain a direct insight into the views and experiences of young people. They will learn what young people think of what helps and what hinders them in their journey of recovery and building their futures. A key message from young people is don't give up hope in them. The presentation is relevant to practitioners and service provider agencies working with and for young people and policy makers who are interested in future policy being centered more on the psycho-social needs of young people and on young people's lived experiences of what helps in achieving well-being.

Key Words

Young people, young consumer's experiences, hope and recovery, wellbeing, lived experiences, youth mental health.