Stigma-Free Youth Workshops
Guest Speaker Series

Learning objectives

- Provide participants with diverse perspectives, insights, and practical knowledge related to mental health.
- Participants will have the opportunity to develop empathy by listening to personal stories of mental health journeys, fostering.
- Participants will have the opportunity to understand and reduce stigma.

Participants

The workshop or activity can be performed in a group where **participants should be 18 + years old**.

Needed tools and resources

For an event, we need a large room or hall with seats and a prepared speakers' programme. We invite Speakers who are suffering from mental health problems, from different professions to talk. They will talk about their experiences of mental health and how they cope with it. Also invite a mental health expert who will be able to answer all questions from speakers and participants in a professional manner. Ideally, the speaker should be a well-known personality, as this would help raise awareness that even successful people struggle with mental health issues and that it is not easy for them either. For the workshop we need a facilitator to lead the programme and keep the conversation on track.

Duration of the workshop

120 minutes

Co-funded by the European Union

Description of the workshop

1 Energiser

Before the workshop begins, it is recommended to perform an energiser to help participants get to know each other and connect better. You can use your own idea or an established energiser. For example:

Two Truths and a Lie

Each participant shares three statements about themselves: two truths and one lie. The others try to guess which statement is the lie.

2 Warm-up activity

Welcome participants and introduce the purpose of the workshop. Briefly introduce the speakers and the order in which they will speak and the topics they will address. For example: Each participant states their name and one interesting fact about themselves. This is a quick and simple way for everyone to introduce themselves.

3 Main activity

Before introducing guest speakers in a stigma-free youth workshop series, it's beneficial to engage participants in a brief discussion about mental health to set the stage for open dialogue. Provide a brief introduction to the overall theme of mental health and destigmatisation. Highlight the importance of open conversations and learning from diverse perspectives.

Invite the speakers to come forward and start the conversation. There will be a group discussion on various mental health topics, how to get rid of the stigma of mental health.

Each speaker has 15-20 minutes to tell their story (can be adjusted according to the length of the workshop and the number of speakers invited). In between, we also allow participants to ask questions.

At the end of each speaker's presentation, we will have a Q&A session, where participants can ask the speakers any questions and seek guidance. Encourage participants to create individual or group action plans for promoting mental health awareness and combating stigma in their communities.

The workshop provides a comprehensive exploration of mental health, personal experiences, advocacy, and practical skills. It empowers youth to contribute to destigmatisation efforts and create more supportive environments.

4 Pro tips for youth workers

- Understand Your Audience; tailor the content of the workshop to the specific needs, interests, and demographics of the youth participants.
- Promote open-mindedness; encourage an open-minded approach among participants.
- Time management; Keep a strict schedule to ensure that the workshop stays on track, allowing for breaks, networking, and Q&A sessions.

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