

We provide:

- Advice and training on how to actively involve young people in service design and delivery.
- Training for young people that equips them with campaigning skills and the ability to deliver participation training to professionals and to young people.
- Training for universal service providers including GP's and mental health practitioners. Issues covered include developing emotional resilience, attachment, early intervention and identifying mental health problems in young people.
- Guidance on meeting participation quality standards in CAMHS services.
- Advice on the development of new projects for young people with mental health problems focusing on the vital importance of patient feedback.

“I think your ideas are excellent!!..... I'm so pleased and so lucky to have you on board”

Children & Young People's Service -
Learning Disability & Forensic
Services, Prudhoe Hospital

If you would like to know more about our services and how we can help you, go to our website to find your regional worker and more details on what we do.

www.vik.org.uk or
email vikinfo@youngminds.org.uk

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YOUNGMINDS

The Voice For Young People's Mental Health And Wellbeing

**Directory of Social Change-
Winner of the Influencer
Award 2009 -YoungMinds
VIK group.**

**Winner of The Diana Certificate
of Excellence Award.**

**YOUNG PEOPLE
CAMPAIGNING
FOR BETTER
MENTAL HEALTH
AND WELLBEING.**



VIK

VIK is a four year Lottery funded project which involves thousands of children and young people campaigning to:

- Improve mental health services
- Raise awareness about the importance of children and young people's mental health and wellbeing
- Increase young people's participation in service design and delivery

VIK group

The VIK group is made up of young people from across the English regions who are affected by mental health problems. Representatives from these local groups make up our national VIK panel.

Supported by our regional workers they engage with local groups of young people across England to hear and represent their views and experiences.

This includes:

- Liaising with commissioners to improve service provision
- Consulting with CAMHS managers to develop and implement young people's participation in services
- Campaigning regionally and feeding into national policy development
- Organising events to raise awareness about mental health and stigma

VIK Team

We have a team of regional workers based in each of the nine English regions. They offer practical advice and support to services with a priority focus on CAMHS (Child and Adolescent Mental Health Services), and developing young people's participation in these services.



Congratulations on the fantastic, often overlooked but never undervalued and vital work that you are doing. I have worked with YoungMinds on a number of projects and you have played a key and vociferous role, but then YoungMinds activists are usually not shrinking violets and that says so much about the charity's bold efforts to put young people's mental health in the public arena.



Tim Loughton, Parliamentary Under Secretary of State for Children and Families

