



MHKU

Mental helseklubb for ungdom.

Av ungdom for ungdom!

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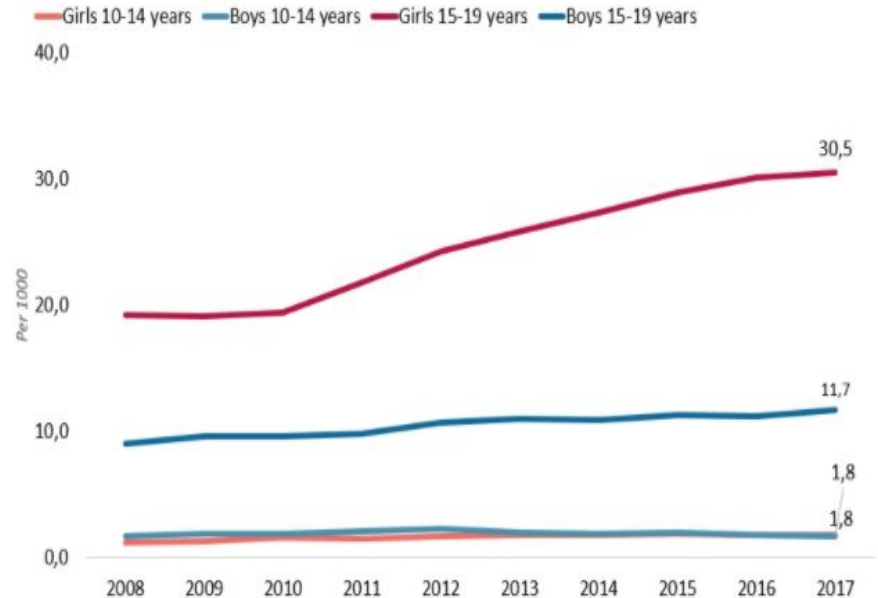
The problem

Did you know that most people that struggle with a mental illness don't get help?

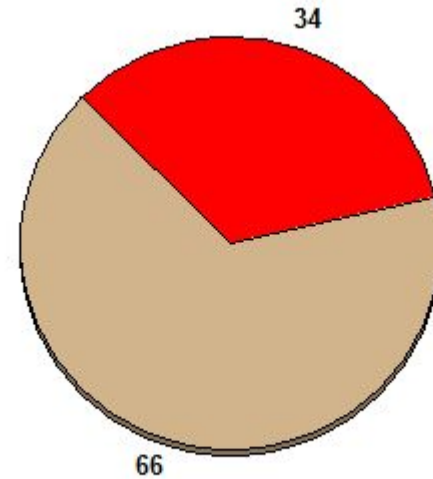
Up to 10% get worse and approx. 40% experience no benefit whatsoever from therapy.

32 percent of college students have suffered from sleep disruption only this last week.

Antidepressants



Most of these do not seek the help they need (Bufdir.no).



psychological issues per 100 students

What is MHKU?

A concrete informal service where we would like an environmental and or health nurse to be present to over see but not lead the conversation. creating an all inclusive safe space for the participants. The participants would be playing games(non electronic) they will not be forced to speak about mental issues rather encouraged to get to know each other.



Who would join?

Secondary School and college students that want to share experiences and everyday struggles.

When we looked the statistics, we could see there was a need for two target groups. Secondary school and college students.



Effects of MHKU

- Building relations
 - Between youth
 - Between home
 - Between support systems
- Minimised pressure on support systems = less expenditure for komune.
- Knowledge and understanding.

