

The Power of Innovation

A health care system to meet our needs

NSW Health
Symposium Oct 2012

'Just Hang In There' – A film by Young People for Young People

The Minister for Mental Health Award for Excellence in the Provision of Mental Health Services

Introduction

Just Hang in There was developed in response to the Eurobodalla Shire Youth Committee reporting limited awareness of local mental health services amongst their peers.

The documentary features four clients of the Eurobodalla CAMHS team reflecting on their experience of seeking help for psychological problems and encouraging other young people to seek help early.

Aim

- To facilitate access to mental health services by adolescents using a youth friendly model with a clear message on how to get help when most needed .
- To share the thoughts of local rural youth living with and receiving treatment for mental illness.
- To promote youth participation in mental health services

Method

Young people in partnership with CAMHS and the Eurobodalla Shire developed the content of the DVD and took carriage of the entire film production.

Just Hang In There was launched at local cinemas prior to a major release movie.

Stickers and wristbands promoting the 24 Hour Mental Health Access Line were developed.

It has been distributed to schools and youth services and posted on YouTube .<http://www.youtube.com/watch?v=ur-zx23VmEs>.

Results

The documentary was launched to capacity attendance at local cinemas with the stories of young local people identified as its major strength .

The documentary is used in mental health programs in Eurobodalla high schools with a positive response from students and staff.

A '**Just Hang In There**' School Kit has been produced. The kit is accessed via the Eurobodalla Shire Council Youth Services web page.

The DVD is an invaluable tool in communicating the voice of young people to youth services and health services and is now an integral part of the CAMHS education session at the SNSWLHD Mental Health for Hospital Staff training.

Conclusion

It can take a lot of courage for a young person to contact a mental health service for support. The young people in this documentary reflect on their experience in becoming unwell and what helped. They demystify mental health and promote access and self-agency. This documentary has been very powerful in the Eurobodalla Shire where the young people featured are well known in the community.



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