

Elephant In The Room



On the 4 October 2018 the Youth Mental Health Committee (YMHC) representing young people from [youth@clc](#) (Children's Law Centre), Belfast Youth Forum and NI Youth Forum launched their research report on mental health: Elephant in the Room – Exploring young people's awareness of mental health in Northern Ireland in the Long Gallery in Stormont.

Over 100 stakeholders including young people attended the launch in Stormont. The Report, which was launched by Steven Agnew MLA and Chris Lyttle MLA, shines a spotlight on the culture of silence around mental health which prevents many young people from talking about issues that impact negatively on their lives and from accessing the support they need.

Going forward the YMHC's campaign is seeking support and investment from decision makers to challenge this culture of silence, transform how NI young people talk about the Elephant in the Room and to improve access to mental health information and support services which many young people so urgently need.

Click [here](#) to download the EITR summary report and [here](#) for the full report.

