

KSS YOUTH RESEARCH: Future Project Ideas



This Future Research Project proposal is for the completion of a piece of co-produced action research, based on the priorities of young people in the area of mental health and wellbeing.

Below are **five broad ideas for potential research projects** that could be undertaken if funding was provided. These are based on **consultation with YMCA DLG Youth Ambassadors** (Feb 2025) and participants in **Improving Lives Together: Young People's Annual Conversation with NHS Sussex** (Mar 2025).

Topic 1: Mental Health and Neurodivergence

- What are the main barriers to help-seeking for mental health issues related to neurodivergence?
- What facts can we gather about these barriers and what can be done to overcome them?

Topic 2: Support Service Waiting Lists

- What are the current waiting times for local services and what impact is this having on those waiting for support?
- Are there ways waiting times can be reduced? If so, how?
- What can be done to support young people while they are on these waiting lists?

Topic 3: Support in Schools

- What do young people and families/carers want support with?
- What are the current ways to access support in schools? What training do teachers receive already?
- What can teachers tell us about the challenges of providing what young people want/need?
- How can young people be involved in adapting school-based support/school policies?

Topic 4: Accessibility of Information/Support

- Where do young people currently get info and support?
- Is existing information adequate? Is it accessible?
- What formats/platforms do young people prefer, and what are the pros and cons of each?

Topic 5: Relationships between young people and relevant adults

- What makes a good quality relationship, according to young people, families/carers, teachers, etc?
- What could be a barrier to building/maintaining good quality relationships?
- How could relationships be improved and what are the challenges around this?

If you or your organisation would be interested in working with e-wellbeing Youth Researchers, please contact **harriet.peach@ymcadlg.org**