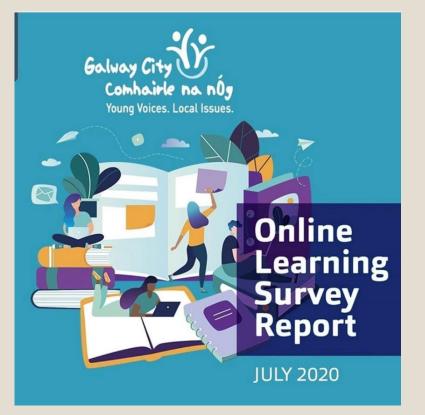


THE GALWAY CITY COMHAIRLE NA NÓG COMMITTEE HAVE WORKED ON THE TOPIC OF MENTAL HEALTH IN 2020 AND IT WAS VOTED ON AGAIN AS OUR TOPIC IN 2021

Some of the activities we did in 2020: Online Learning Survey



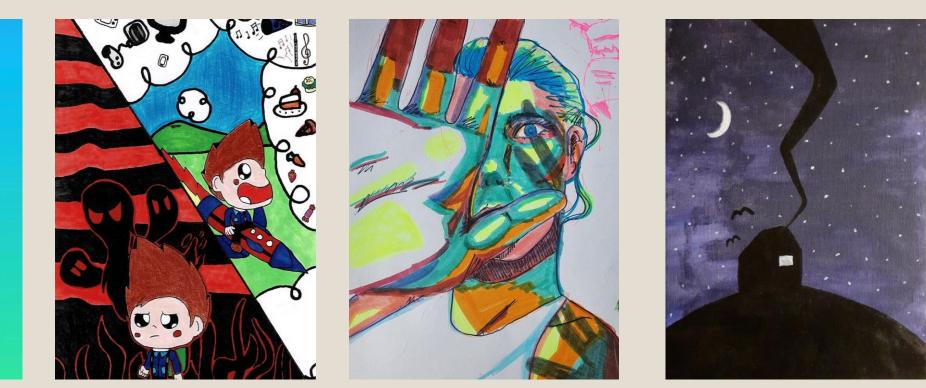




We came up with inventive ways to raise awareness for our topic of Mental Health

HELP RAISE Awareness about Mental Health





1st Place- Kieran

2nd Place- Evie

3rd Place- Gerda

We shared positive messages on our social media platforms

...



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Liked by alive nuigalway and others

galwaycitycomhairle We all need time to grow, sometimes we try to rush when we are not ready. We need to take our time, we will get there, be kind to yourself and others on your journey 💞 💞 💓

W

galwaycitycomhairle



Liked by capeyouthprojectgalway and others

galwaycitycomhairle Good morning, as we begin our week, try to take time to notice of the small moments that often go unnoticed.

galwaycitycomhairle



The strength of the team is each member, The strength of each member is the team. -Phil Jackson





Liked by shoutlgbtgalway and others

galwavcitvcomhairle Thanks to all the members of Galway City Comhairle na nÓg, especially during lockdown to keep the focus on the topic mental health. #youthmentalhealth #mentalhealth



IT'S THE FRIENDS WE MEET ALONG THE WAY THAT HELP US **TO APPRECIATE THE JOURNEY**



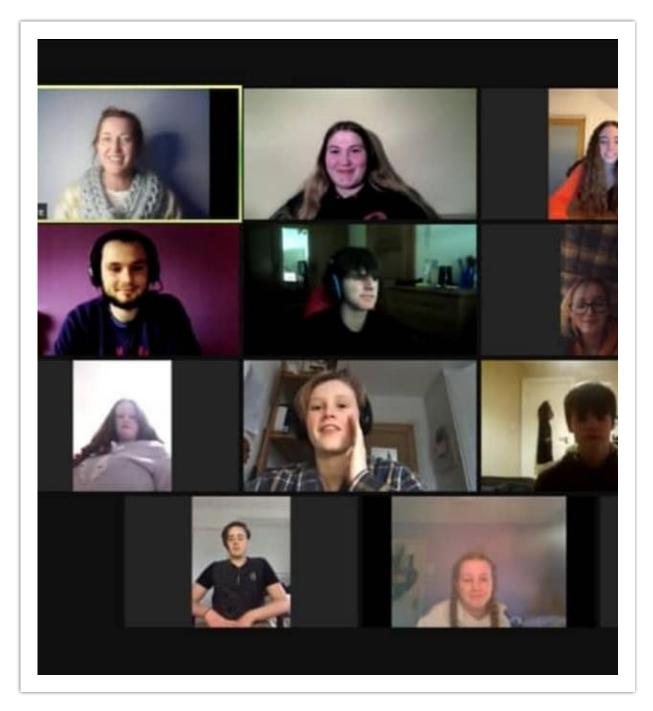
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Eiked by youthworkirelandgalway and others

galwaycitycomhairle Thank you to the hard working committee in Galway City Comhairle na nÓg, who have come up with great plans this year to raise awareness of mental health. Thank you also to our wonderful volunteer Shannon who has been such a support for the committee. We are grateful for everything you have all contributed to help raise awareness of mental health. #youthmentalhealth #mentalhealth #bekind #inthistogether @youthworkirelandgalway @galwaycitycouncil @gretbofficial @comhairlenanog @healthygalway

The main focus for our topic this year will be '**Invisible Disabilities**', the committee will work with NUIG School of Education to look at universal design in teaching to try and meet the needs of young people with invisible disabilities in the classroom. This work will begin in April after the Easter break.

Mental Health 2021



Mental Health 2021

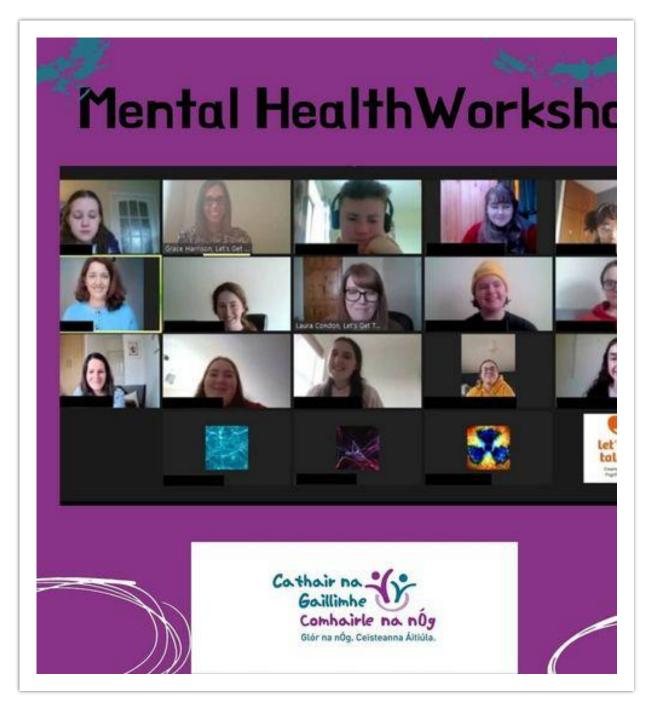
The committee are developing a podcast series to raise awareness of mental health and are organising interviewees to speak on their podcast. We hope to interview young people, professionals who work in the area of mental health, youth workers.





Mental Health 2021

Committee members participated in a consultation for Youth Work Ireland Galway on their Youth Mental Health booklet, with a focus on the youth section and one member created a short video for social media to raise awareness of the free youth counselling service for young people 12-21 years.



Mental Health 2021

Committee members participated in a Youth Wellness Workshop with Let's Get Talking Galway over the weekend of the 20th of March and 27th of March. The workshop was very informative

We have continued to use our platform to spread awareness of activities for young people during lockdown

LOOKING FOR SECONDARY SCHOOL STUDENTS!

We are looking for secondary school students between the ages of 15 and 18 years to participate in our research about student wellbeing and social support systems.

This study will involve taking part in an anonymous online interview.

Please contact Anna Keller at <u>a.keller2@nuigalway.ie</u> or 0896161252 if you are interested.



Thank you!





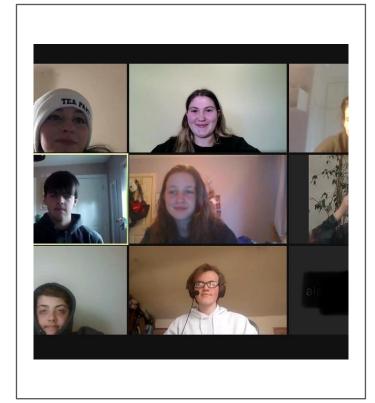


Have you got skills or pandemic survival tips to share? Make a short demo video and Pass It On!

ALL VIDEOS SHOULD BE SENT TO: MUSEUM@GALWAYCITY.IE

We also hosted a consultation on the Galway City Development Plan for Galway City Council with the Sauti Youth Project





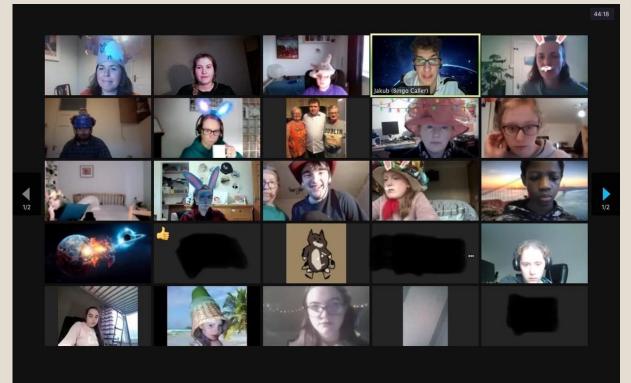


Teambuilding-

- We have taken part in Escape Rooms after our meetings.
- We have played Among Us and plan on playing Pictionary and more escape rooms.
- When lockdown is over, we hope to take part in person team building

We having been taking part in different fun events

Mad Hatters Bingo



Christmas Cracker quiz with Youth Work Ireland Galway

