

INTRODUTICON

- Young people are in a constant battle between the changes within themselves and their changing roles and responsibilities. This adapting process creates dilemmas that increase their predisposition to mental health issues[1]
- Evidence suggests that to address this is by setting up community-based, integrated youth service hubs where they can express themselves freely without any judgement. [2][3]
- The Resource Centre for Youth Mental health by SCARF (rYMs) is one such space that was recently established by SCARF (Schizophrenia Research Foundation) in Chennai

Objectives of the study

- To gain an understanding of the acceptability of utilizing a youth safe space among individuals aged 18-25
- To explore the accessibility of utilizing a youth safe space among individuals aged 18-25

METHODS

- **Study design** – Cross-sectional qualitative study
- **Study tool** –Interview guide assessing a various aspects of the Safe space
- **Analysis** – Thematic Analysis was done by using manual coding
- **Participants** recruitment – Youth aged 18-25, who have visited rYMs at least once
- **Sampling technique** –Purposive sampling
- **Volunteers** who ran the program interviewed who have given their consent

DATA COLLECTION METHOD



RESULTS

This study provided insights into youth’s perceptions of a safe space. We also identified four major themes which are the key considerations for a safe space for youth from the youth. Out of the six participants, 4 of them were female and the mean age of rYMs participants who visited 2 or more times was 21 ± 2.32 years.

Themes identified :

Perception of safe space

The participants' idea of a safe space was a welcoming place where one can say whatever they want, share their thoughts, views, experiences and understand each other without being judged.

Activities promoting mental health

Participants recommended having the space be diverse and welcoming with more fun games, outdoor events and other interactive team activities.



Figure 1 – Components of a safe space

Accessibility

Major reasons respondents stated that they felt it was a diverse non-judgemental comfortable space that gave them time to take a break and relax.

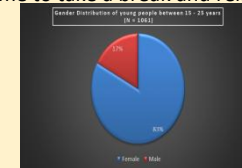


Figure 2. Gender distribution of rYMs participants

Acceptability

Participants felt it was a diverse non-judgemental comfortable space that gave them time to take a break and relax.

CONCLUSION

- Our youth safe space were found to be acceptable by the youth from the numbers.
- Through our study, we have found that there is a need for non-judgmental space which also provides some knowledge on mental health for young people.
- Our qualitative analysis reflect the attitudes of young people who have accessed the safe space and have found it to be beneficial for their emotional well being.
- Young people are willing to provide feedback for safe spaces. This study provides directions for empowered youth safe spaces.

REFERENCES

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Picture 1 – Participants at rYMs



Picture 2 - Participants at rYMs



Picture 3 – rYMs Team