

# Youthwatch (Part of Healthwatch Leeds) 2025 - 2026

## Lowering the barriers: Youthwatch's top tips for mental health support young people can access.

Group of 30 volunteers aged 13 to 25. We visited Time for Young People's mental health drop-in support in October to November 2025.

### Opportunity

We wanted to make mental health support easier for young people to reach so partnered up and visited 4 drop-in hubs to see what it was like for a young person to arrive and be in the space, and give recommendations to the service. From their visits, they agree top 11 tips for services, including: hire friendly, non-judgmental staff; make spaces feel calm and colourful rather than clinical; give young people a clear idea of what to expect before they show up; offer private areas without making young people ask; and always keep young people involved when designing services.



### Outcome

Time for Young People made the following changes based on Youthwatch's recommendations, including:

- Adding a phone as a contact method
- Updating welcome signs to add other languages
- Improving signs to find the drop-in
- Adding lights outside the building to make it feel safer
- Planning to commission a local artist to create a mural on the building
- Giving more information about support on social media

### Obligation (delete the wishes that do not link to this work)

