

Space Pals

How might we strengthen the capacity of young people to help each other as a trusted first stop support network when tackling mental health concerns?

The Challenge

Through grounds-up research we know that many youth turn to their peers when in need of help. When young people have anxieties or concerns they prefer to turn to trusted sources of reassurance, like their friends, for advice rather than seeking professional guidance.

Unfortunately, many of these teens would not know how best to console or help a friend. They may wish to be there for their friends, and offer much needed social support, but they may find themselves struggling to know how to respond or offer appropriate advice. This may result in recommendations being made that could inadvertently cause further concern or which may result in harm. It might also cause stress for the youths involved as they struggle through issues together which they are not equipped to handle.

The Solution

This solution seeks to address this need through a digital game for young people to play, that would introduce them to scenarios and techniques relating to youth mental health or wellbeing concerns. Through playing the game, young people can learn appropriate techniques and practice their skills for responding to calls for help from their peers, in a safe and enjoyable environment.

Through regular game play, immersed in different scenarios as your own character, youths can deepen their understanding of the factors contributing towards mental health challenges and appropriate methods for responding to signals from peers.

The format of the game not only creates a safe space for learning, but also creates positive associations with providing support to friends, so that it reduces the stress that can be associated with offering guidance in moments of need.

The Impact

We imagine a future in which young people feel supported to express their authentic concerns within the safety of their peer group, with youths feeling confident and able to act as empathetic sounding boards as a starting point towards professional help seeking when needed.

Vote!

Vote for us to empower young people to have impactful and supportive conversations around their mental health.



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