



MEN MINDS

better mental health for young men

Are you aged 16-24?

Do you identify as a young man?



The Men Minds Project wants to understand more about the things that affect young men's mental health and wellbeing and what sort of mental health support is needed. We also want to know what might help young men to take part in mental health research.

The Project



This research project will engage with young men who identify with one (or more) of these groups:

- young men who have ever been arrested or had contact with the justice system
- OR
- young men who identify as LGBTQI+
- OR
- young men who have moved to Scotland from a different country for any reason

Men Minds will run until
Dec 2024

Young People's Forum



We will engage 12 young men to form a Young People's Forum (YPF).

The project will meet with the YPF to understand what mental health means to young men and to develop research methods they think are suitable for research.

The project will then test out these methods in more research with around 60-80 young men about their views on mental health.

The YPF can take part in all stages of the project.

Want to know more?



The researchers are Nina, Daniela, Julie and Matt who work at the Universities of Strathclyde, Monash and at the Mental Health Foundation.

To find out more about the project you can view our website or email us:

www.menminds.org
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