



## PRESS RELEASE

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### YOUTH ORGANISATIONS HOST MENTAL HEALTH CONFERENCE - LEITRIM

Next Saturday 24<sup>th</sup> May, 200 young people between the ages of 13 – 21 from Leitrim and Carrickfergus, Co. Antrim will attend a joint conference on Youth Mental Health in the Lough Allen Hotel, Drumshambo. Members of both groups will take part in interactive workshops and information exchange all focused on youth mental health. This topic was identified by both groups as an issue of major concern and they have come up with the format of the event and organised the workshops and presentations. The conference is funded by Leitrim County Council through funding that it receives from the Department of Children and Youth Affairs. During the day, delegates will discuss matters related to good mental health in youth and engage with relaxation techniques.

The North South Youth Mental Health Conference is the result of a well-established partnership between Comhairle na nÓg Liatroma and Carrickfergus Youth Forum over the past four years. This partnership has been supported by Leitrim County Council, Leitrim PEACE Partnership, North Connaught Youth and Community Services, Northern Ireland Youth Forum and Carrickfergus Borough Council. The Conference will inform young people about mental health issues and make them peer educators after the event. It is the culmination of feedback from both groups over some of the many exchange weekends and joint initiatives enjoyed by the groups over recent months.

According to Comhairle Facilitator, Fiona Taylor, “The Conference will provide a platform for young people from counties Leitrim and Antrim to have their voices heard about the Mental

Health issues that concern them. It will also provide an opportunity for them to learn skills that will help them cope with the challenges of everyday teenage life.”

The conference takes place between 11:30 am and 3:00 pm and is open to member delegates of which there are 120 in Leitrim alone. If you are interested in getting involved with Comhairle na nÓg Liatroma please contact [leitrimcommittee@gmail.com](mailto:leitrimcommittee@gmail.com) or check them out on Facebook for your nearest branch.

**END**

**PHOTO CAPTION/S:** Members of Comhairle na nÓg Liatroma and Carrickfergus Youth Forum on a Cross Border exchange visit in 2013.

**EDITOR NOTES:**

- This project has been funded by the Leitrim County Council through funding that it receives from the Department of Children and Youth Affairs and is facilitated by Comhairle na nÓg Liatroma supported by North Connaught Youth and Community Services and Carrickfergus Youth Forum supported by Northern Ireland Youth Forum and Carrickfergus Borough Council.

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