



The Norwegian Association of Youth Mental Health (Mental Helse Ungdom)



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Tit for tat

What we got from being a partner
...and how we intend to run away with it



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Who we are

- Founded in 2005 as part of Mental Health Norway
- Independent organization since 2011

- Approximately 1200 members between 15 and 30 years
- 30 local chapters

- The organization is owned and governed by its members

- Norway's only user-organisation that represents youth within the field of mental health

- Our goal: That the mental health of every youth is as good as it can get



Our take on Norway grants collaborations

- Projects should correspond with the organization's ideals and policies
- There should be something in it for us
- Challenging perspectives quickly became a sport
- Nearly all proposals were turned down
...because they just couldn't grasp that NAMHY are not providing services...



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Peaasjad

Peaasjad: So, yeah... Could you tell us anything about mental health stigma in Norway?

NAMHY: How about we take someone with the worst* labels we can find, bust them out of forced treatment, put them in front of you, and have you pay them like they are professionals?

Peaasjad: Excellent!

* We haven't really figured out how clinicians can rate disorders from good to bad in stead of actual problems, but apparently they can



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Results on an individual level

Sandra:

I went the hell out of my comfort zone. I learned the week before our performance how to tolerate high level anxiety without becoming a destructive monster. I was left with a feeling of personal mastery and the experience of «being a normal person on a business trip.»

...I also learned that the world didn't end just because i felt like i messed up my presentation!



Results on an individual level

- Sandra is currently finishing high school only top grades
- She's moved out of the municipality service-apartment and into her very own apartment
- She's left NAMHY Trondheim for the benefit of representing the larger mother-association on county-level
- Sandra is widely known and highly sought after by the service providers in mid-Norway as a user-advocate and presenter



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Results on a wider scale

- Estonian youth visiting Oslo
 - Local members suddenly realized that they were doing things that matter
- Estonian youth organization...?



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Running away with it

- We want Estonian youth to have the opportunity to organise and fight for better services
- We expect you to pay for it
 - We'll help. We've got some great ideas for how to spend your money



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