



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 work closely with young men who identify with one of these groups:

- young men who have been arrested or had contact with the justice system
- young men who identify as LGBTQI+
- 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 recruit 12 young men to form a Young People's Forum (YPF).

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

The YPF will then work with the researchers to use these methods to do more research with around 60-80 young men about their views on mental health.

Want to know more?



The researchers are Nina, Harvey, Daniela, Matt and Emma who work at the Universities of Strathclyde, Monash and Dundee.

If you want to find out more about the project you can view our website or email us:

www.menminds.org
men-minds@strath.ac.uk

