

INNOVATIVE INTERVENTIONS ON MENTAL HEALTH

Children engaging and supporting their peers,
including reaching the most vulnerable

Asia and the Pacific: India

Cities Rise Up is a youth-led organization delivering resources around mental health, with the goal of driving innovative interventions. The work is done through school curriculums, training teachers and aiming for whole school resilience program. Cities Rise Up has youth-led programming in multiple cities, grounded on peer-to-peer support, and building capacity of youth to do so. They collected young people's experiences regarding how they're being impacted by COVID-19, collecting approximately 1000 responses. With COVID there was a clear rise in need for mental health support, as in many of the countries they work in they saw support systems disrupted. Approaches have been around supporting and connecting without physical gathering, expanding access to support through accessible and youth-friendly technology-enabled interventions and arts-based approaches. They have mainstreamed mental health and well-being support, working with youth-serving systems and community organizations so that young people can receive support wherever they are: Key people to engage in delivery - peers, families, educators, youth workers. Young people are also addressing mis-information around COVID-19.

