



The Scottish Parliament
Pàrlamaid na h-Alba

Fabric: Creating Care

Recommendations: Solutions to Youth Mental Health

Participation and Communities Team

Communities Action Plan - North East Region

Creative Dundee



Illustration by Marie Pape.

As part of the Participation and Communities Team **Communities Action Plan** we are delighted to present the results of a collaboration with young people, creative practitioners and health and community workers from Dundee as part of the **Fabric: Creating Care** project. Led by **Creative Dundee**, this creative leadership programme brought together a group of 20 local people to shape new responses to youth mental health. The recommendations below form a high-level summary of their collective solutions.

A further display will take place in Parliament in Autumn 2026. You will see more about their insights, experiences and solutions for how policymakers and funders can better recognise creativity as a vital part of wellbeing and community wealth building.

Recommendations: Solutions to Youth Mental Health

Justice and Respect

There needs to be A government funded public information campaign developed and delivered in partnership with young people providing factual, evidence-based information to raise awareness and improve understanding of issues related to youth mental health.

So that We can reduce stigma, raise awareness, and for young people to understand where they can access help and support.

Because Of a rise of misinformation online and young people feeling like they must be at crisis point to receive help.

Advocacy (by and for young people)

There needs to be More awareness and access to safe and inclusive spaces such as Feeling Strong and the Hot Chocolate Trust.
Essential, lifesaving services such as this need to be protected.

So that All young people, including those who might feel excluded need to feel that they belong and have access to advocacy (signposting, support) so that they feel heard and have a sense of purpose.

Because Feeling part of a community and feeling heard is a protective factor that can help mental health, wellbeing and resilience. Everyone has the right to feel respected and included.

Joined-up Care

There needs to be A centralised system for communication of available services and referral.

So that Young people have better agency over the care they access and the specific process of their referral, and can better research, understand and request services that can support a variety of needs.

Because Ineffective referrals are increasing wait times for services, administration for GP's, and are leaving young people in the dark and without treatment.

Prevention and Education

There needs to be A national campaign to rethink mental health.

So that We can normalise variations in mental health and wellbeing, promote autonomy and resilience and create network and support infrastructure for community level support.

Because The system isn't working, young people are not equipped with the right information and are looking in the wrong places (misinformation).

Access to Services

There needs to be Funding and training towards consistent and long-term relationships, across diverse and alternative routes to services. Create liaison roles in organisations that supports trust, understanding and accountability, removes friction and barriers in interactions. Better communication between services (safe adults). More spaces run by communities. Consistent funding for artists and groups, making spaces for marginalised people.

Because Many young people need a safe adult to help navigate, services feel disjointed and young people don't know what is out there. Services outside of city centres are not accessible. Marginalised groups, for example trans people, experience discrimination because professionals don't have the tools to navigate diversity.

Background

Fabric: Creating Care

Running since 2016, **Fabric** is a series of creative leadership journeys led by **Creative Dundee**, building collective intelligence around place-based issues. It is a peer-led space to share, reflect and imagine how collective action can shape a better tomorrow.

For 2026 **Fabric: Creating Care** brings together young people, health practitioners, and creative practitioners to explore, imagine and shape better ways to support young people.

Research shows that young people know that creativity, empathy, collaboration, and care are essential skills for their future – yet these are too often missing from the spaces that are meant to support them. Fabric creates a peer-led space to take these insights seriously, by shaping ideas and practices together.

The first two days of the programme focused on cohort building (talking about feelings, sense of safety, creative expression), showcasing creative youth mental-health projects across the city, and sharing insights into Arts and Health, youth provisions and services. You can read blogs by Fabric participants [here](#).

- [Fabric Day 1 – Safety and Belonging](#)
- [Fabric Day 2 – Care in Our Communities](#)

On the third day, PACT and SPICe (the Scottish Parliament Information Research Centre) supported the group to explore democratic processes and opportunities to influence change. The session provided an introduction to the deliberative process that is used to deliver People's Panels in the Scottish Parliament.

A People's Panel is a form of public engagement, which brings together a randomly selected and broadly representative sample of the population to learn about an issue, discuss it, and make recommendations.

The group tested out the deliberative process by drawing on learning from previous sessions to consider 5 broad themes and make recommendations within these that focus on solutions to youth mental health.

PACT Communities Action Plan

In 2024/25 The Presiding Officer, supported by the Participation and Communities Team (PACT), [visited all 8 parliamentary regions](#) to ask the question “What does the Scottish Parliament mean to you”?

During these visits, we reflected on what the Parliament has achieved over the previous 25 years, and what we can do to improve for the future. The feedback from the communities we visited strongly suggested that more community-based parliament events should be organised in the future. MSPs agreed that regular, face-to-face outreach in local communities is essential for building understanding, trust, and meaningful public involvement.

As a result of this feedback PACT produced a 12 month [Communities Action Plan](#) with a commitment to visit each of the 32 local authority areas and to run a further event, project or initiative in each parliamentary region. For the North East Region as part of this commitment PACT have collaborated with Creative Dundee on their Fabric programme. Rather than one event this has taken the form of four sessions, three held in community spaces across Dundee with the fourth a visit to the Parliament.

The Fabric programme, PACT and SPICe (The Scottish Parliament Information Centre) followed the principles of a deliberative process. A methodology for facilitating a group to produce a series of strong, collective recommendations.

For our Communities Action Plan each event or initiative is community led and provides the opportunity for local people to set the agenda, meet their elected representatives and tell Parliament what the key issues are in their area.

Contact Us

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