

## **Young Adults in Ireland Invited to Share Experiences of Supporting Friends with Mental Health Challenges in New Survey** **(<https://www.activelink.ie/node/108934>)**



Researchers at Maynooth University, in partnership with Mental Health Ireland, are inviting people aged 18-25 living in Ireland to complete an anonymous online survey on what it's like to support a friend through a tough time or mental health challenges.

We know that many young people turn to their friends first when experiencing mental health challenges or going through a tough time. However, very little research has investigated what this experience is like for young people who are supporting friends. This study will help researchers to better understand this and may inform the development of resources for young adults who are supporting friends.

So, if you are aged 18-25, live in Ireland, and have experience supporting a friend through a tough time, you are invited to complete the anonymous, 15-min online survey. Note that we use the word "friend" broadly; this could include a classmate, housemate, workmate, sibling, cousin, romantic/intimate partner, etc.

To learn more and to complete the survey, click here:[www.tinyurl.com/SurveyPRISMproject](http://www.tinyurl.com/SurveyPRISMproject)  
(<http://www.tinyurl.com/SurveyPRISMproject>)

Please feel free to share information about this study with your networks.

If you have any queries or require any further information, please feel free to contact the lead researcher Dr. Sadhbh Byrne at [sadhbh.byrne@mu.ie](mailto:sadhbh.byrne@mu.ie) (mailto:sadhbh.byrne@mu.ie).

### **Region**

Nationwide

Survey link ([https://maynoothpsychology.qualtrics.com/jfe/form/SV\\_4T4py4t31XRXlhs](https://maynoothpsychology.qualtrics.com/jfe/form/SV_4T4py4t31XRXlhs))

### **Date Entered/Updated**

14th Jun, 2024

### **Expiry Date**

14th Jul, 2024

### **Attachment**

### **Size**

<a href="#">PRISM_Poster_FINAL_APPROVED.pdf</a>	264.39
	KB

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**Source URL:** <https://www.activelink.ie/community-exchange/services-requests/108934-young-adults-in-ireland-invited-to-share-experiences-of-supporting-friends-with-mental-health-challenges-in-new-survey>