

3 out of 25 young adults are
suffering from mental health
issues in Sweden today.

The cost of this for a county council like Värmland will be:
750 million sek.

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Per year.

If we don't act on their needs
they will be doomed to a life in
the outskirts of society.

Let us introduce:

3 normal young adults





Fia voluntarily throws up all the food she eats.

The pressure of looking good and achieving good results in school makes her feel inadequate.

She feels that the only thing she controls is her body.



Max's mom is an alcoholic. Every day he is frightened that today will be one of "those" days. A day when he cleans her vomit and helps her to bed.

*He hasn't told anyone.
It's too shameful for both of them.*



Tea has no one.

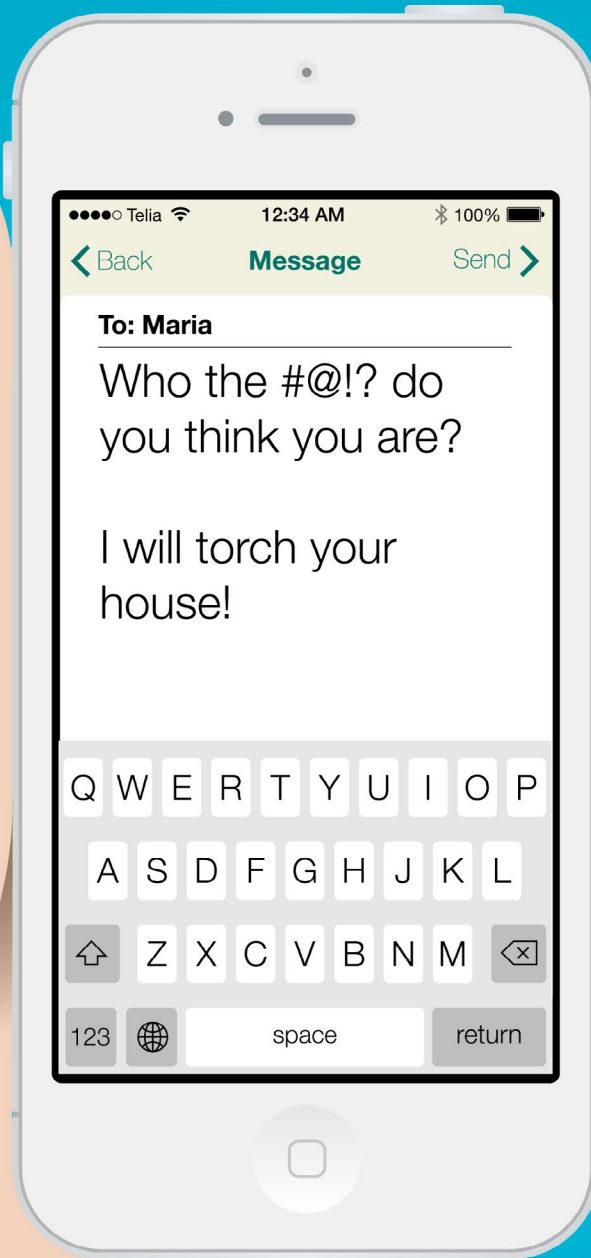
*She has passed through 12 fosterhomes
in the last 8 years. Frustration makes her
act out and bully others.*

Nobody tells her they love her.

She trusts nobody.

What if we could reach them?





Telia 12:34 AM 100%

Back Message Send

To: Maria

Who the #@!?! do
you think you are?

I will torch your
house!

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ↵

123 globe space return



••••• Telia 12:34 AM 100%

< Back Inbox

From: Maria

I hope you won't!

Is everything alright?
Do you want to talk
about it?





Telia 12:34 AM 100%

< Back Message Send >

To: Maria

Hi Maria!

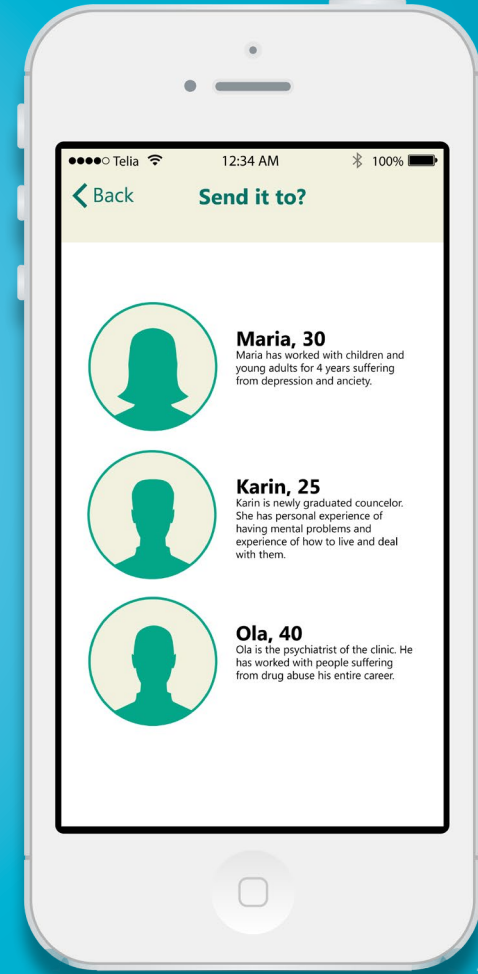
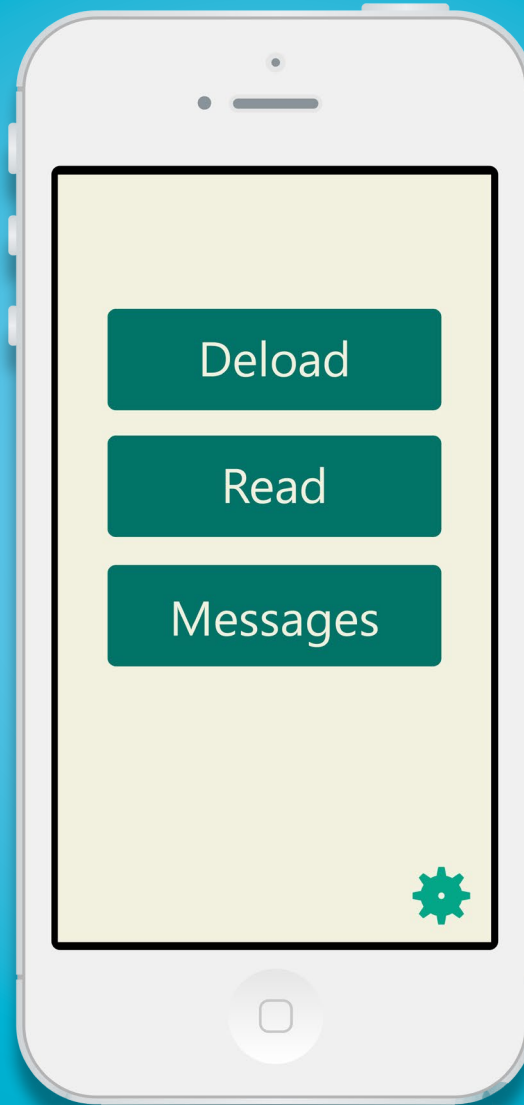
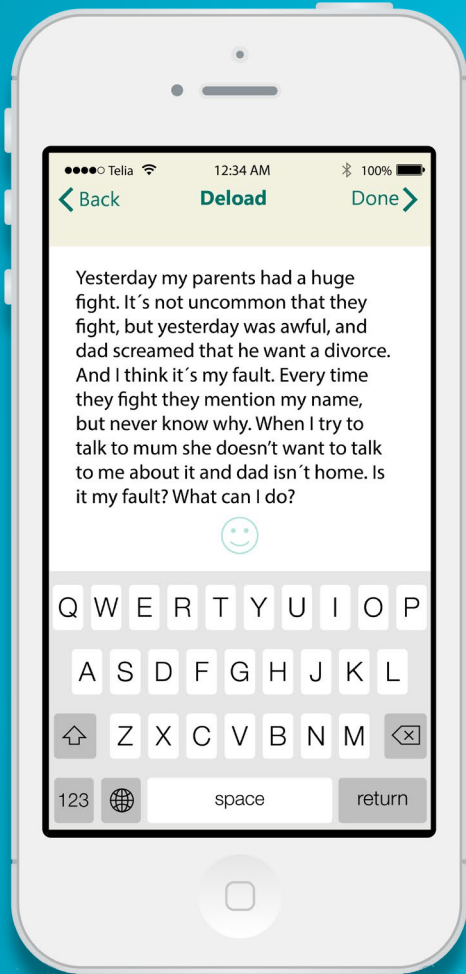
I am totally alone!

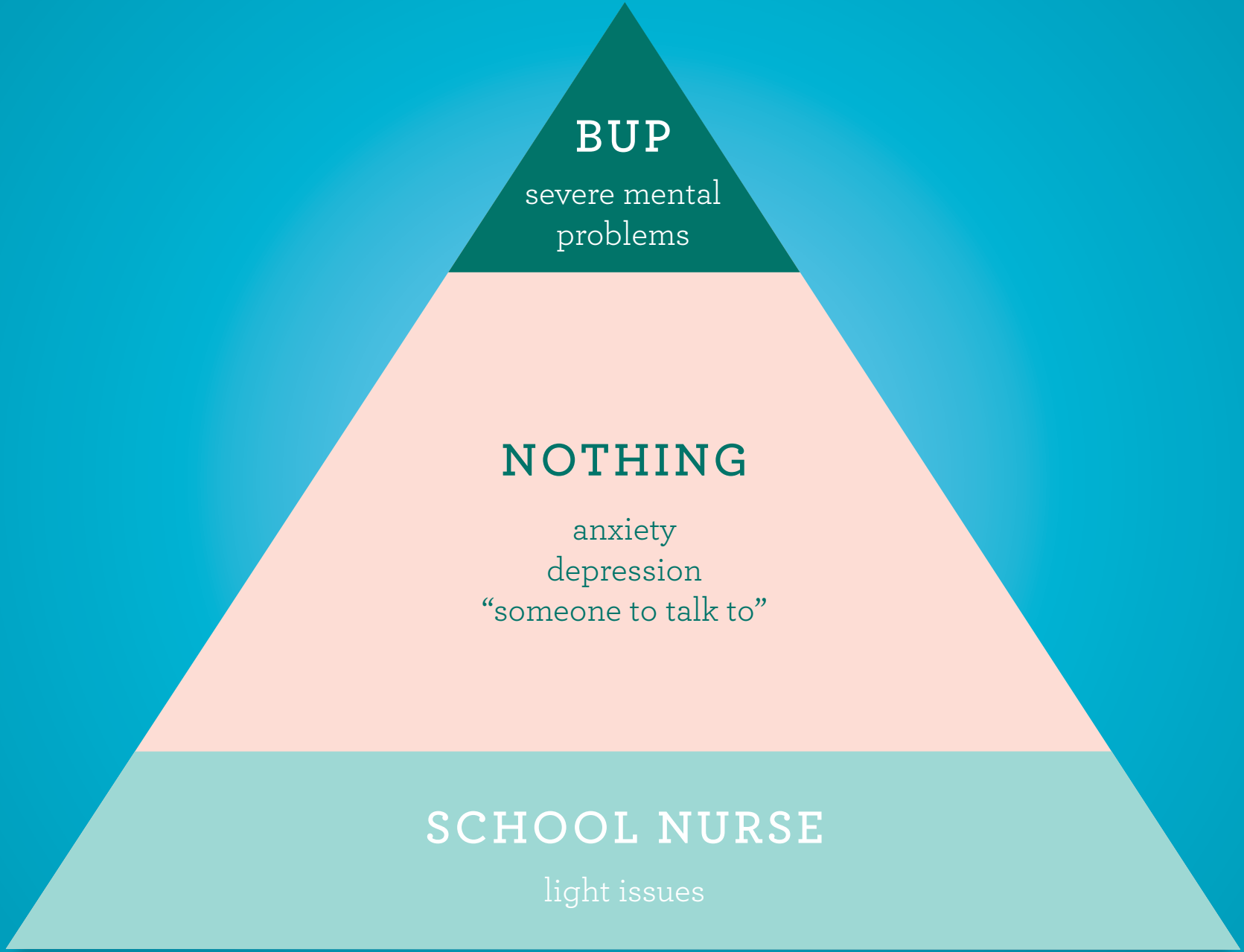
Q W E R T Y U I O P
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space return

Deload
creates communication with
young adults.

On their terms.

DELOAD





BUP

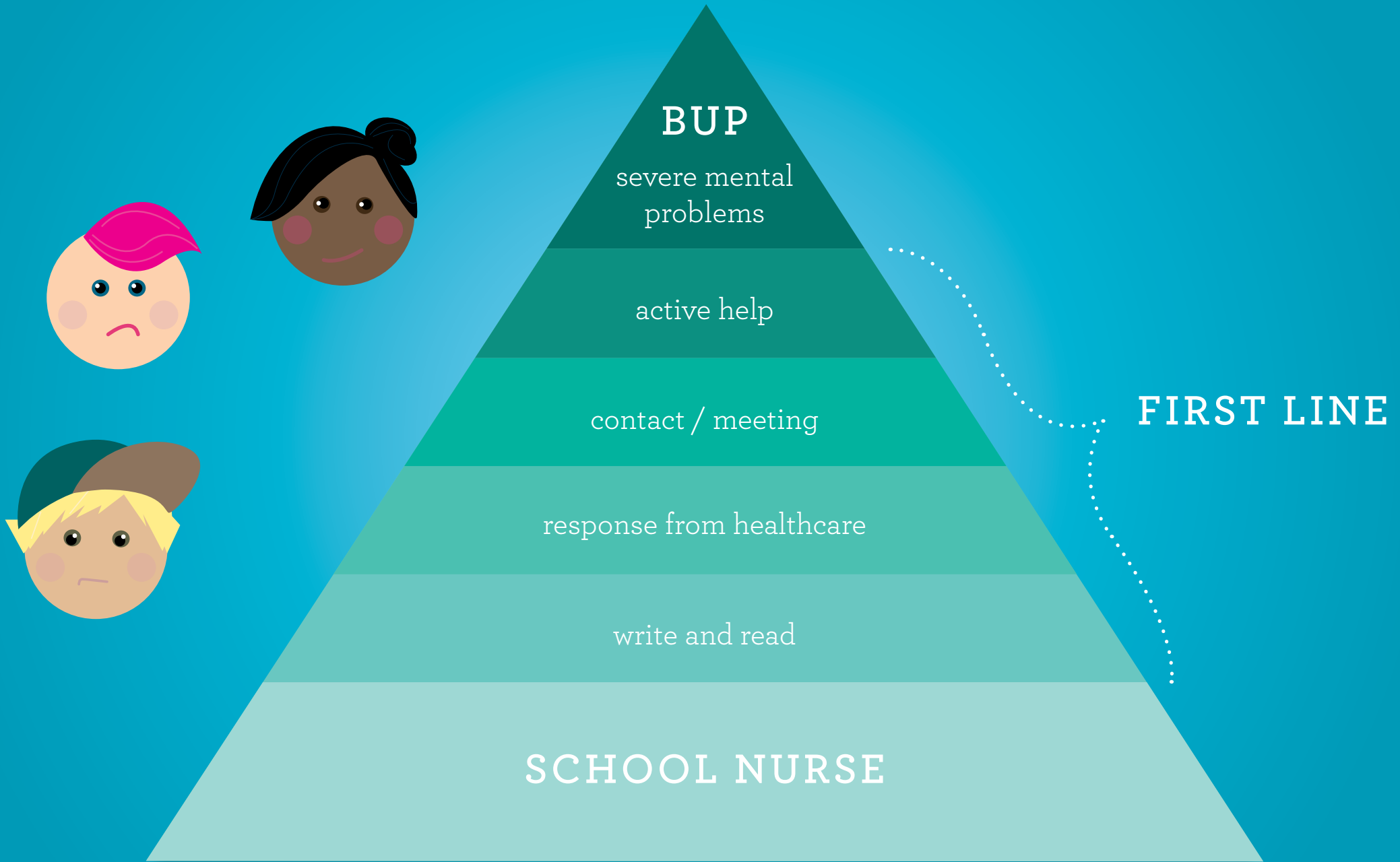
severe mental
problems

NOTHING

anxiety
depression
“someone to talk to”

SCHOOL NURSE

light issues



EXPERIO LAB

COUNTY COUNCIL OF VÄRMLAND

THE INTERACTIVE INSTITUTE

SP TECHNICAL RESEARCH INSTITUTE OF SWEDEN

Break the silence.

