

## Special Issue

# Co-Designing for Youth Mental Health: Participatory, Community-Based, and Digital Approaches to Resilience and Well-Being in the Context of Adversity

### Message from the Guest Editors

Young people worldwide face compounding adversities—structural racism, community and interpersonal violence, economic precarity, climate instability, and digital harms—that threaten mental health and well-being. Yet, youth consistently demonstrate remarkable resilience through cultural assets, social networks, identity exploration, and creative self-expression. Their lived expertise is indispensable for designing systems of mental health support that are equitable, relevant, and effective. Traditional top-down approaches and interventions fail to address these intersecting realities. In contrast, participatory design, community-engaged research, and digital mental health innovations show promise but remain fragmented across disciplines and are rarely integrated into contexts of structural adversity. This Special Issue seeks to bridge these domains. We invite interdisciplinary contributions that center youth voice, challenge deficit narratives, and advance asset-based, trauma-informed, and scalable solutions.

### Guest Editors

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### Deadline for manuscript submissions

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## Youth

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## About the Journal

### Message from the Editor-in-Chief

*Youth* is an international and peer-reviewed journal covering a broad range of topics that all influence persons lumped into the category of youth. The numerous issues of interest to the research community involving youth include mental health, education, sociology, economics, employment, cultural studies, civic engagement, and other social perspectives of youth and young adulthood.

Our goal is to work together with the global research community whose interest and scholarship speak to providing evidence that will support and enhance the lives of youth and the systems that affect their lives. We are interested in working with graduate students, scholars, scientists, and research centers who share this interest.

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### Editor-in-Chief

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