



ARCTIC PARLIAMENTARIANS CALL FOR PAPERS

I am writing to you as **Chair of the Arctic Parliamentarians** to invite you and your students to participate in our Call for Papers. The theme is *Mental Health for Youth of the Arctic*.

We, the group of elected parliamentarians in the Arctic, are committed to the Peoples of the Arctic, and we wish to make the young Arctic voices be heard.

If your students submit a contribution, not only will their inputs be presented to members of eight Arctic Parliaments – but also be shared by us, directly to the highest levels of offices in the eight Arctic countries.

This is a unique chance for your students get creative with a current and important topic as well as get engaged in regional politics.

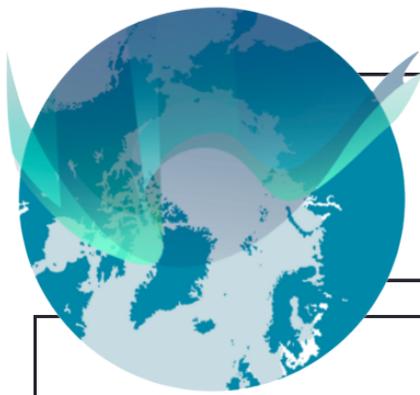
To introduce you to our Call for Papers and tell you all that you need to know, we have attached:

1. A presentation of the Call for Papers (incl. deadlines, submission guidelines and ideas to get your students started in the process)
2. A fact sheet of the mental health in Arctic
3. A short presentation of the Arctic Parliamentarians

Please feel free to contact us with any questions.

On behalf of the members of the Arctic Parliamentarians,
Chair and Member of the Danish Parliament

Aaja Chemnitz Larsen



WHO ARE THE ARCTIC PARLIAMENTARIANS?

Basic information

Facebook: **Arctic Parliamentarians**

Website: **www.arcticparl.org**

Notable contributions: **played a central role in the creation of the Arctic Council, which is the leading intergovernmental forum promoting cooperation in the Arctic.**

Chair



MP

Aaja Chemnitz
Larsen from
Greenland

Co-chair



Senator

Lisa Murkowski
from Alaska

Arctic Parliamentarians represent elected members of the parliaments of the eight Arctic countries and the European Parliament. The Arctic indigenous peoples are permanent participants in the Committee.

Arctic Parliamentarians meet several times a year to discuss matters of importance to the Arctic people. Every second year the members adopt a statement, which outlines the shared the political focus. Last year the parliamentarians agreed to work with the three themes:

1. Peoples of the Arctic
2. Climate Change
3. Sustainable Economic development

Member countries

- Iceland
- Canada
- The Unites States
- Russia
- Sweden
- Norway
- Denmark (including Greenland and the Faroe Islands)
- Finland



DESCRIPTION OF CALL FOR PAPERS

Question

The overall question to be answered is:

"What does mental health mean to you, and what would strengthen your mental health?"

Guidelines

The contributions from the students can take various forms:

- Written (max. three pages)
- Audio (max. 15 minutes)
- Video (max. 15 minutes)

The task can be solved individually, in groups or at class level.

Submissions must be in English.

Examples

Here are some examples of ideas to get the process started:

- New ideas to increase mental health in the Arctic
- Knowledge sharing on best practices
- Suggestions on how to strengthen already existing initiatives on mental health
- Recommendations on how to improve the relationship between indigenous peoples and non-indigenous people of the Arctic, including understanding and reconciliation

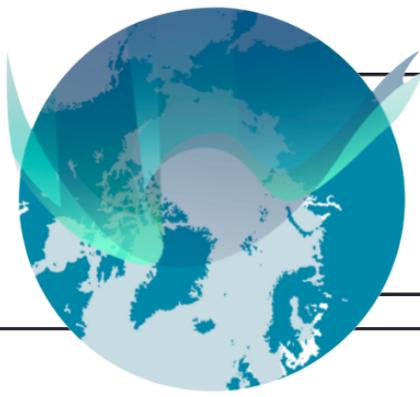
Perhaps your students get together and write a debate-piece for the local newspaper? Or maybe they record a podcast with their peers about what mental health means to them? Or make a small video to be shown for the parents and teachers?

Deadline

Deadline for submitting a contribution is **Friday December 3rd 2021 at midnight.**

Submissions must be sent directly to ane.nebel@ft.dk, either via e-mail or wetransfer.com.

If you have any questions please contact ane.nebel@ft.dk or +45 33 37 53 02.



FACT SHEET: MENTAL HEALTH

Definition

"Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity"

What affects mental health?

Your mental health can be affected by factors such as:

- The state of your home
- Access to food, warmth and rest
- Whether you feel secure and surrounded by stability
- Your social relations in your family or friends
- If you feel accepted by the community you live in
- Physical active
- Experience a purpose of life
- Your self-acceptance
- Experiences in childhood

Did you know that...

- Overcrowded homes affect mental health. Persons who live more than one person pr. room are more likely to rapport "poor self-rated health"?
- Climate change affects food security, which affects mental health? Challenges, such as thawing of permafrost and its implications to ecosystems and human infrastructure.
- Food in supermarkets is more expensive in isolated communities than in the big cities?
- Connection with nature benefits our mental health? Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile.

Nature can generate a multitude of positive emotions, such as calmness, joy, creativity and can facilitate concentration.

Nature connectedness is also associated with lower levels of poor mental health; in particular lower depression and anxiety levels.