ISSUE MAPPING

linking the issues that affect and are affected by mental health or wellbeing

issue mapping

Mental health has a bidirectional relationship with many other issues that may affect a participant's life. For example, mental health can affect employment if a person is not able to get up and go to work everyday; meanwhile, employment can affect mental health if work is particularly stressful or even exploitative.

The purpose of this exercise is to acknowledge that the mental health challenge you seek to address exists in an ecosystem of other challenges. As you design your model, it is important to recognize these related challenges, particularly if they might help or hinder your impact goals. These issues may present opportunities to collaborate with others who are working with the same participants, but are addressing a different challenge.

Also remember that you do not exist to address all of these issues, as important as they may all seem. You can use this map to clearly choose which issues you will or will not engage with directly. Drawing boundaries around your strategy to target specific problems is an important step toward clarity and impact.

instructions

Start at the center of the map. Write down a brief summary of the problem you are addressing.

Next, identify up to six important social issues that are connected to the problem you've identified. They may include: physical health; education; human rights; employment; family relationships; access to banks and loans; migration; criminal activity; abuse of power; discrimination; gender; racism; climate change.

For each of these key issues, fill in a box and identify how it's related to the specific problem you are addressing.

Once you've completed this map, have a team discussion about each of these issues. What challenges do they pose to your goal of addressing the problem? Who might you work with to achieve your goals together?

related tools: mental health problem definition, ecological systems analysis, problem chain analysis, final persona development

issue mapping

connected problem:

it's related to
our problem because:

connected problem:

it's related to
our problem because:

connected problem:

it's related to
our problem because:

the problem
we're addressing is...

connected problem:

it's related to
our problem because:

connected problem:

it's related to
our problem because:

connected problem:

it's related to
our problem because: