



CALL FOR PAPERS
CAWRI Conference 2026

Creating Wellbeing: Youth, Arts, and Mental Health

Australia's youth mental health is in crisis. Almost two in five young people in Australia now live with a mental illness. The effects of the mandatory minimum age requirements for social media usage remain to be seen. Our conference, **Creating Wellbeing: Youth, Arts, and Mental Health**, seeks to build upon an international campaign to raise awareness of the benefits of arts, culture, and creativity for young people's mental health and well-being.



10 April 2026



Faculty of Fine Arts and Music,
University of Melbourne Southbank Campus



www.cawri.com.au

Submission details





Submissions for single paper, lecture demonstration, practical workshop and symposium/panel, are invited that address the following core questions:

1. How can we effectively measure the impact of creative programs on youth mental health and wellbeing across diverse contexts?
2. How can young people be meaningfully involved in co-creating mental health interventions through creative programs?
3. How can equitable access to creative spaces and resources be ensured for diverse youth, including those with disabilities, neurodivergence, or trauma exposure?



Conference presentations may take one of the following forms:

Standard presentation (15 minutes, plus 5 minutes for questions during a parallel session): These papers will usually present the findings of a significant body of original research relevant to the core questions.

Symposium/Panel session (45 minutes, 3-5 participants): These open format sessions will present research findings or other material on linked complementary topics relevant to the core questions.

Lecture demonstration/Practical workshop (45 minutes): These practitioner-led sessions will offer research-informed practice through hands-on activities, offering participants an experiential exploration of topics directly related to the conference's core questions.





Submit proposals before **11:59pm AEDT Friday 6 February 2026** by following the link below

<https://forms.office.com/r/KHtRAJqz49?origin=|prLink>

Early submissions are welcomed.

Outcomes will be advised by email on Monday 23rd February.

Please email any enquiries to
trinasari.fraser@unimelb.edu.au