### Abstract

Objective: More than 36% of the total population of Iran consists of young people aged 15 to 25. Recent studies show that this age group has the highest rate of serious problems related health problems. Youth participatory studies on youth health priority have been shown that mental health is one of the most important priority in youth health. Aim to assessing the mental needs of youth we conducted a peer group based multidisciplinary study.

Material & Methods: To conduct a multi disciplinary approach through involving youth for finding their mental needs and their suggestion for solving them, we designed a qualitative approach based on grounded theory. To data collection a semi-structured guide questioner designed and 16 focus group discussions were conducted by trained peers with youth aged 15-25 years.

Results: According to FGDs results, most today's young people have a comprehensive view of the ideal young and believe that to achieve ideals must be multidimensional also most of youth health needs concern with their interpersonal communications skills particularly with their parents and opposite sex; they had some problems with their parental expectations meet; life skills; stress management; self expression and problem solving process. They were extremely interested in participatory approach in which they involved in assessment and determination of their health problems also in designing health programs.

Conclusions: Success of program shows, empowering the community through capacity building and notice to peer group based interventions to critical enhancing in various aspects of youth health, is the most effective method to needs assessment and community mobilization for better health.

**Keywords**: Community mobilization, youth, health

**Presentation**: Poster