**Órla McGovern – Bio**

I am a PhD researcher based in the School of Psychology in Dublin City University, Ireland. My research interests include youth co-design, mental health, social media, digital mental health help-seeking and youth online safety. My PhD is centred around the co-design of content guidelines to improve the posting of mental health content on TikTok to support the help-seeking needs of young people. I aim to meaningfully involve young people throughout my research process via an active youth advisory group and through the co-design phase of the research. I am passionate about ensuring the meaningful involvement of young people in mental health research that directly impacts them, and I have recently published a review of the current use of co-design with young people in the digital mental health field along with best practices for future youth co-design research.