



**YOUTHspeak**

UNDERSTANDING

# YOUTH MENTAL HEALTH

CARING ADULTS

This one-hour session will engage parents and caregivers with a deeper look into youth mental health. Youth speakers will share personal stories of what helped them overcome their mental health challenges with a message of hope, empowerment and resilience. Caregivers will leave with a greater understanding of the mental health challenges their children may be facing.

## PRESENTATION FORMAT:

- INTRODUCTION
- MENTAL HEALTH STATS
- SPEAKER'S STORY ONE
- SPEAKER'S STORY TWO
- POSITIVE COMMUNICATION
- SETTING BOUNDARIES
- CREATING A SAFE SPACE
- AWARENESS & ACCEPTANCE
- Q&A / RESOURCES



This was a wonderful presentation I would highly recommend. The presenters were amazing!

Sabrina Bartolini, Principal  
Cardinal Carter CHS, Aurora

YOUTHSPEAK PERFORMANCE CHARITY  
**SPEAK. INSPIRE. CHANGE.**

\*Includes Printable Resources Material

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

[www.youthspeak.ca](http://www.youthspeak.ca)

(905) 967 - 0604

[office@youthspeak.ca](mailto:office@youthspeak.ca)



@YouthSpeakCan



@YouthSpeakCan



@YouthSpeakCan



YouthSpeak  
Performance Charity