

UNDERSTANDING **YOUTH MENTAL HEALTH** FOR CARING ADULTS



This youth-led interactive assembly 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 and how to create a safer space for youth.

PRESENTATION FORMAT:

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

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You guys are truly inspirational. Both young presenters touched my heart in ways I can't even find the words to express. I left feeling empowered and with a better understanding of what my daughter feels and a renewed sense of hope. Such an amazing organization. Together we can break through the stigma and overcome.

Parent, St. Jerome, Aurora

*Includes Printable Resources Material

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

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