



Media Information One-Pager

Thank you for your interest in helping YouthSpeak with expanding our reach and delivering on our mission and vision for all youth to be inspired and empowered to live resilient and meaningful lives. We appreciate the opportunity to work with you.

YouthSpeak has reached over 437,000 in its 21+ years, creating important conversations promoting well-being, compassion and hope, by empowering youth to share personal stories and coping strategies through in-person and online presentations.

You will find a wide range of information on our [website](#), including the speakers bios on our [Team](#) page and information on our [Programs](#) page. As well, feel free to cut and paste from the YouthSpeak website any supporting materials for the interviews or articles that we collaborate on.

A quick note: please be mindful, when changing the size of the logo or any YouthSpeak images copied from the website, to change the width and height proportionately so they are not to distort in any way. If a different format is required, please advise.

Social Media:

We love to promote the good work you are doing to support our organization on our social media pages, to raise awareness, generate interest, and increase community engagement.

See links below to follow us and tag us in any posts you do, and we will reshare.

[Twitter \(X\)](#) [Facebook](#) [Instagram](#) [LinkedIn](#)

To set up an interview or article, please contact Una Wright at una@youthspeak.ca or 905-967-0604

Thank you for working with us to support youth mental health & inclusivity in our communities!