

Welcome!



We'll start shortly.

While you wait, feel free to get your phone out and visit the Google Play or iTunes store and download the Be Safe app (free!) and try it out!

You can also scan the QR code on the Be Safe business cards found on your tables.

Alternatively, you can just pretend you are doing that while checking Facebook.

mindyourmind

mindyourmind is an award-winning, non-profit mental health program that engages youth, emerging adults and the professionals who serve them to co-develop reliable and relevant resources.



Through the use of active engagement, best practice and technology, **mindyourmind** inspires youth to *reach out, get help and give help.*

Why we do what we do



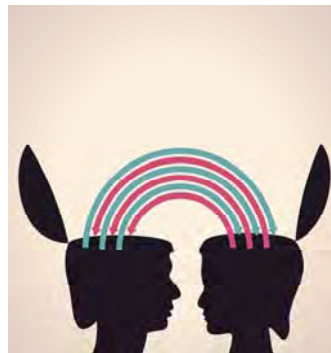
Only 25 % of youth with a self-identified mental health concern have accessed formal or informal supports.

Statistics Canada Community Health Survey

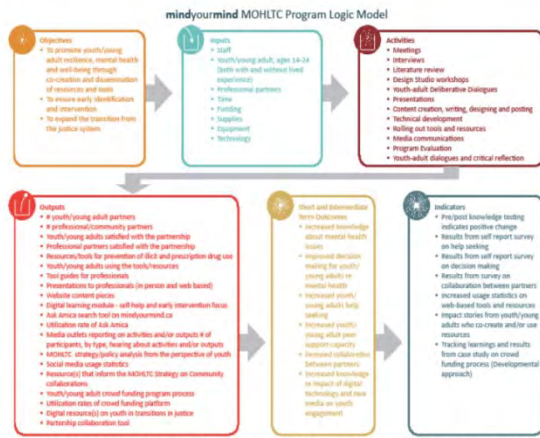
Think, pair, share:

What are the **barriers** to getting help?

Why aren't more young people **accessing help** when they need it?



The underlying assumption...



“If we co create with youth and experts in youth relevant ways and if we use best available evidence plus experience then we will improve mental health outcomes for youth.”

Assumption - If we co-create with youth and experts in youth relevant ways and if we use best available evidence + experience then we will improve mental health outcomes.

mindyourmind
reach out get help give help

IN CRISIS | HELP | WELLNESS | MENTAL ILLNESSES | INTERACTIVES | PERSONAL EXPRESSION | INTERVIEWS | GET INVOLVED | ABOUT

Submit to Personal: Send us your artwork or a video you. Your creativity inspires.

Create Your School: Tell us how you promote health awareness in your school. Submit a summary, or pictures of your school.

65% of mindyourmind.ca repeat users access either formal or informal support as a result of their use of the tools and help they've received on mindyourmind.ca.

Tweets

mindyourmind @mindyourmind_ca
11m
Everything we do is with youth as not just volunteers, but leaders, collaborators, ambassadors and PARTNERS! #MentalHealthWeek
Expand

mindyourmind @mindyourmind_ca
17h
It's #MentalHealthWeek! Thank you to all our volunteers who help to create change and

Need help? Don't know what's wrong or what to do? Access information for yourself or a friend about getting help, counselling and more. Reach out, get help, give help.

Find daily blogs with relevant and up-to-date info about mental health, society and other youth topics; written by a variety of youth and professional contributors.

mindf#!kblog

Youth Design Studios:

A Model for Youth/ Adult Partnerships

- Lived experience as best evidence
- Generate solutions as a group
- Responsive and iterative
- About co-creation
- Sharing knowledge
- Creating impact



Youth Involvement



Be Safe



mindyourmind.ca/interactives/be-safe



“The Be Safe app addresses the needs of youth by putting their key personal information and their health care options literally in their hands. Have you seen a young person without a cell phone in their hands? Me neither.

I use the Be Safe smartphone app on a daily basis. I refer to my lists of medications in the app when visiting the pharmacy; I share the addresses of local service providers to friends in crisis, to advise them of their options.

When I’m not using the app for personal resource or to help a friend, I’m showing it off while gushing about the life changing experience of working with some of the most powerful minds in our community.”

Erin, Youth Participant in development of Be Safe

More co-created tools:

Thames Valley District School Board Curriculum Modules

- Two modules, created for grade 9/10 GLS/GLE courses and for PPL30.
- Include **mindyourmind** tools, videos, Teacher Guide and assignments with assessment tools.
- PPL30 course evaluated as part of Opening Minds study.

Now that you've had a chance to explore the quote in Quote Booth, complete the exercise below.

You should have a couple of your favourite quotes posted down in front of you. If you click "Back", "Home" or "Next" your work will not be saved! When you're done the exercise, please print and submit to your teacher.

BACK HOME NEXT

Name: _____

Teacher's Name: _____

What was your favourite quote from Quote Booth? Type it here: _____

More co-created tools:

www.mytoolkit.ca

- A freely accessible web platform.
- Houses two online, interactive learning modules about **Wellness and Stress**.
- Include Facilitator Guides for youth-serving pros to help implement the resource.
- Coming soon: New module about **Substance Use**.



More co-created tools:

Reach Out

- An interactive game that challenges knowledge about “mental health 101”.
- Content and design co-created with youth.
- Single player available on site, multiplayer version with facilitator guide available for sale.





mindyourmind

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