

Young Health Programme in Canada

The emotional and mental well-being of adolescents is a serious and under-served Canadian health issue. Only one in five young Canadians who need emotional and mental health services currently receive them but we also know that 70% of mental health cases that appear in youth can be addressed through early identification and intervention.

The Young Health Programme (YHP) in Canada aims to foster the emotional and mental health of adolescents aged 10-19. A strong champion for youth engagement, YHP Canada works in partnership with the Boys and Girls Clubs of Canada, mindyourmind and Physical and Health Education Canada and alongside youth to develop mental health programming that is relevant, accessible and evidence-based.



AstraZeneca 

Young Health Programme

A global community investment initiative

in partnership with



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

PHE Canada
Physical & Health Education Canada



mindyourmind



What do we want to achieve through the Programme?

By focusing on prevention and early intervention, and with a commitment to youth engagement, the Programme aims to help 50,000 adolescents by connecting them to positive conditions and experiences that foster emotional and mental well-being.

Objectives:

- Improve access to timely and evidence-based information, resources and support services to strengthen coping skills and build resilience among youth
- Enable professionals, mentors and peers to identify, assess and support the emotional and mental health needs of youth through evidence-based curriculum, training and resources
- Advocate for policy initiatives that foster adolescent emotional and mental health and well-being

What activities are taking place locally?

- “Flex Your Head”, a 12-module mental health programme, has been developed for delivery in communities across Canada through programme partner, the Boys & Girls Clubs of Canada (BGCC). With the potential to reach more than 80,000 youth members, “Flex Your Head” is a new programme for BGCC and responds directly to a significant need for mental health programming by Club staff and youth workers. The programming aims to help youth strengthen their emotional resilience, gain coping skills, discover their strengths and reach their full potential
- “Mental Health A to Z” is an interactive, evidence-based online resource designed with the active engagement of young people to enhance the capacity of professionals to effectively engage and support youth. Two modules have been developed: one with a focus on mental wellness and a second with a focus on stress. Both modules are available at www.mytoolkit.ca

- “Mind Your Mood”, a free mobile application for Android and Apple mobile devices which allows youth to proactively journal their day-to-day moods with an option to add notes and create a historical record that could be shared with a support person in their lives. The app can be downloaded from: www.mindyourmind.ca on your mobile device
- A Pre-Service Teachers’ Advocacy Plan has been developed to build awareness and drive change in pre-service teaching programmes. It provides evidence to support recommendations for how we can better prepare our teachers to help their students be emotionally and mentally well

What has been achieved so far?

The Canadian Programme was launched to employees and external stakeholders in 2011 and has provided information on adolescent mental health directly to more than 15,000 people.

Local Partners

The Programme is a partnership with three leading Canadian charities:

The Boys and Girls Clubs of Canada (www.bgccan.com), an organisation that reaches 80,000 disconnected youth each year; mindyourmind (www.mindyourmind.ca), an internationally award-winning initiative that develops online resources for youth and youth-serving practitioners; and Physical and Health Education Canada (www.phecanada.ca), a national advocacy leader working through education systems for the healthy growth and development of young Canadians.

For current information on Canada’s Young Health Programme, please visit: www.younghealth.ca.
Twitter: @YHPCanada
YouTube Channel: www.YouTube.com/YoungHealthCanada.