



Elevate and celebrate youth mental health

International Youth Day is celebrated around the world every year on 12 August

The United Nations' goal is to give young people a voice in how communities and the future are shaped. In honour of this important day, let's explore ways to nurture and raise awareness of youth mental health and wellbeing.

Educate yourself about mental health

Mental illnesses are common and treatable. They can affect individuals from all backgrounds and walks of life. People with mental illnesses can and do lead active, productive lives. It's important to understand that seeking professional help is nothing to be ashamed of.

Everyone deserves the support they need to thrive.



1 in 7

adolescents are affected by mental illnesses

50%

of mental illnesses begin by the age of 14

Complete 3 activities each week on your own or with an adolescent in your care.



Practice self-care

Write down 3 things you're grateful for.

Do an enjoyable activity.

Relax for 20 minutes.

Spend time with a friend.

Move your body for 30 minutes.

Take a break from social media today.

Eat a nutritious snack.

Take 10 deep breaths, 3 times.

Spend time in nature.

Stretch your body.



Build resilience

Write down 3 things you're looking forward to.

Tell yourself 3 things you like about yourself.

Think about who you can turn to for support.

Remember a time you felt good. Relish it.

Think about a recent time you felt distressed. How did you overcome it?

Help end stigma

- ✓ **Be kind.** Treat people with kindness and compassion to create a welcoming, supportive environment.
- ✓ **Be an ally.** Encourage respect and dignity for all people.
- ✓ **Talk openly about mental health.** Listen respectfully and invite open conversation about the importance of mental health and wellbeing.
- ✓ **Promote understanding.** Encourage yourself and those you influence to view mental health just as you would physical health.
- ✓ **Share your own experience.** If you have personal experience with mental illness, consider telling others about it to foster understanding and provide perspective.

National Alliance on Mental Illness. Mental health by the numbers. Updated June 2022.

HealthDirect. Mental illness stigma – dealing with stigma and how to reduce it. Reviewed December 2023.

United Nations. International Youth Day. Accessed 15 May 2023.

World Health Organization. 10 facts on mental health. Published 8 July 2022.

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