



# Importance of Youth Voice

Understanding the significance of youth voice is key in supporting their mental health. Equally important is recognizing the role of youth voice in advocacy and support efforts.



Providing youth opportunities to be heard and implement change can give a fresh perspective on outdated practices.



## 1 / Empowerment and Ownership

- Involving youth in mental health spaces empowers them to take control of their well-being. By giving them a voice, we provide a sense of ownership and agency over their mental health journey.
- When youth are given a platform to express themselves, they become advocates for their own mental well-being, driving positive change within their communities



## 2 / Authentic Representation

- By amplifying youth voices, we create spaces that reflect the experiences within our communities, promoting understanding and empathy.
- Youth voice brings diversity and inclusivity, ensuring that all perspectives are heard and addressed.



**Examples:** Youth focused social platforms, provide creative outlets (Art, Music, etc) for Youth.



## 3 / Peer-to-peer Communication

- Through open dialogue and storytelling, youth dismantle misconceptions, creating a more supportive and accepting environment for all.
- By sharing their experiences, young people inspire others to seek help and support, reducing barriers to accessing services.



**INCLUDES:** Youth councils, inter-departmental committees, program evaluation, workshops/ training for youth.



## 4 / Innovation and Fresh Perspectives

- From digital campaigns to peer support networks, young people are at the forefront of innovation, harnessing technology and creativity to revamp mental health advocacy.
- Youth voice brings fresh perspectives and innovative ideas to the table in mental health spaces. Their creativity and technological expertise often drive advancements in awareness and support.



## 5 / Things to Remember

- Together, we can create a future where every young person feels empowered to speak up, seek help, and thrive.
- Youth voice is integral to mental health spaces. Let's continue to support and amplify their voices, ensuring that young people remain at the heart of advocacy and support efforts.