

Youth Mental Health and Addiction Champions (YMHAC) Initiative



The Youth Mental Health and Addiction Champions (YMHAC) Initiative, aims to improve the health and well-being of children and youth through a focus on mental health promotion, acceptance of mental illness and reduction of related stigma, and substance misuse prevention.

The Registered Nurses' Association of Ontario (RNAO), in partnership with Public Health Units from across Ontario, will jointly prepare a cohort of youth peer leaders as champions to increase knowledge and awareness of mental health and substance use issues and develop resiliency through youth engagement strategies amongst other children and youth in communities across Ontario.

Initiative objectives include:

1. Develop a cohort of Youth Mental Health and Addiction Champions to use creative peer to peer strategies to reduce the stigma of mental illness and promote greater acceptance of mental health and wellness as a part of the health and illness continuum.
2. Raise awareness and work with Youth Mental Health and Addiction Champions to develop locally based peer-to-peer strategies to combat stigma, create awareness of mental health issues and raise awareness of available information and resources and supports.





Role of Mental Health Leader: How can you support the YMHAC Initiative?

1. Raising awareness of the initiative amongst your school board and partners.
2. Assisting with providing linkages with existing programs .
3. Providing support to partnering Public Health Units.
4. Collaborate with Public Health Unit sites to plan and implement this exciting initiative!



For more information, please contact (insert contact name).

