

# Global Coalition on Youth Mental Health

## About the Coalition

*The Global Coalition on Youth Mental Health* is an initiative that aims to amplify the many voices on youth mental health worldwide. We are engaging with leading mental health organizations, communities, and individuals to galvanize awareness, collaboration, and action.

According to the World Health Organization, one-in-five adolescents globally may experience a mental health problem each year. The effects are often devastating, as these conditions impact youth at a critical point in their lives.

The challenge is immense, but so is the potential of the organizations and advocates already active on this issue. A wealth of knowledge and voices exist in youth mental health, creating an opportunity to amplify collaboration and progress.

**We believe that now is the time for leaders across the globe to join their voices and achieve meaningful change for youth with mental illness.** This is the founding mission of the Global Coalition on Youth Mental Health, and we ask all organizations to join us.

## What We Want to Achieve

The goals of the Coalition are to:



**Galvanize organizations** currently serving young people in countries around the world and amplify the reach of their work.



**Catalyze a global conversation** to reduce stigma and improve access to mental health resources and support.



**Inspire countries worldwide** to prioritize youth mental health by joining the Coalition, sharing their resources, and promoting youth mental health with a unified message.

## Our Common Voice

The Coalition's initial focus will be monthly social media messages and calls to action that build towards our shared goals. If youth mental health organizations and advocates share these messages with their networks, we will create a unified, global message of urgency and support for those affected.

To achieve this unified message, we ask our partners and other organizations to use two shared hashtags: #195forMentalHealth and #YMentalHealth. If we all use these hashtags when communicating about our work, we will show the world that we are one community working to support youth mental health.

### #195forMentalHealth

Today, there are 195 countries in our world – imagine if every one of them prioritized youth mental health? That is the message of our hashtag.

We invite our partner organizations and anyone engaged in mental health advocacy to use #195forMentalHealth and #YMentalHealth when posting messages about your work.

Together, we can demonstrate to the world why youth mental health must be a priority.

### #YMentalHealth

## Steering Committee

The Coalition was founded on the belief that **collaboration** is a key strategy to advance a major public health agenda. The Coalition's Steering Committee includes leading organizations in the mental health arena including Jack.org, the University of Toronto, iFred, batyr and the Johnson & Johnson Family of Companies.

jack.org



## Partner Organizations

We invite members of the mental health community to join our efforts by signing on to the Coalition and committing to sharing the messages of the Coalition and its partners on social media throughout the year.

### WHERE TO FIND US

We invite individuals and organization to join us by visiting [www.ymentalhealth.org](http://www.ymentalhealth.org)

**Join the conversation!**



@Y\_MentalHealth



@Y\_MentalHealth