

WE'RE NOT DONE UNTIL OUR GOVERNMENT ADDRESSES THE MANY FACTORS THAT CONTRIBUTE TO POOR MENTAL HEALTH. UNTIL OUR SCHOOL SYSTEMS WORK TO REDUCE ACADEMIC STRESSES THAT CONTRIBUTE TO MENTAL HEALTH STRUGGLES. UNTIL OUR COMMUNITY HAS RESOURCES THAT ADDRESS THE STRESSES AND TRAMA THAT COMES WITH IMMIGRATING TO A NEW COUNTRY. UNTIL RESOURCES ARE PROVIDED FOR ALL YOUTH IN CRISIS. UNTIL OUR PEERS HAVE ACCESS TO THE HELP THEY NEED WHEN THEY NEED IT. UNTIL OUR SCHOOLS AND COMMUNITIES PROACTIVELY PROMOTE MENTAL HEALTH AND DON'T JUST REACT TO TRAGETY. UNTIL OUR VOICES ARE INCLUDED IN THE DISCUSSIONS THAT AFFECT OUR WELL-BEING. UNTIL OUR FRIENDS ARE NO LONGER STRUGGLING WITHOUT THE SUPPORT THEY NEED. UNTIL OUR FRIENDS FEEL SAFE TALKING TO OTHERS FOR HELP. UNTIL WE ALL KNOW HOW TO BE THERE FOR ONE ANOTHER. UNTIL OUR GOVERNMENT FOLLOWS THROUGH ON COMMITMENTS MADE ON YOUTH MENTAL HEALTH. UNTIL WE END THE ACCESS CRISIS. UNTIL OUR PARENTS KNOW HOW TO TALK ABOUT THEIR MENTAL HEALTH AND TALK ABOUT OURS. UNTIL SERVICES ARE APPROPRIATE. UNTIL MENTAL HEALTH IS NO LONGER TREATED LIKE A PRIVILEGE. UNTIL MENTAL HEALTH IS EQUAL TO PHYSICAL HEALTH. UNTIL MENTAL HEALTH IS MANDATORY TO BE TAUGHT IN SCHOOLS ACROSS THE COUNTRY. UNTIL RURAL AREAS AND INDIGENOUS PEOPLES HAVE ACCESS TO CARE. UNTIL MENTAL HEALTH CARE IS PART OF OUR UNIVERSAL HEALTH CARE. UNTIL EVERYONE HAS ACCESS TO SERVICES. UNTIL ALL YOUTH AND EVERYONE ELSE IN THE COUNTRY HAS EASY AND RELIABLE ACCESS TO MENTAL HEALTH RESOURCES AND CARE.

UNTIL THERE IS NO STIGMA, WE ARE NOT DONE ADVOCATING FOR CHANGE.

Youth Mental Health March Canada Information Package

January to June 2022





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The YMHM Canada would like to thank all our sponsors and every other group, association, individual or organization and business that are taking the time to take part and participate in any YMHM Canada activities or to take part in the YMHM Canada as a whole. Your work and thoughtfulness for such an important cause is greatly appreciated by not only the YMHM Canada, but also by all the youth everywhere. We would also like to thank all volunteers who help to make all this possible. It is greatly appreciated by everyone.

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Message from the President

The YMHM Canada is a community association that I founded in May of 2020 after personal experiences with struggling mental health and suicide. After seeing that there was not much easy access to resources to help youth and seeing other struggle as well as little awareness for the mental health of youth, I decided that I was going to do something about it.

After not seeing a lot of action being taken to help youth and seeing the statistics in the youth population in our country, something had to be done about it to make sure that these numbers change. Numbers such as about 4000 deaths by suicide happen in Canada each year. Furthermore, of these about 90% had a mental disorder at time of death that could have been treated and the person helped. Of everyone who has/had depression or anxiety, 49% of these people will never see a doctor about it. As we look more into the youth population of this country, the numbers do not seem to get better at all. With youth suicide rates accounting for 24% of all deaths aged 15 to 24, Canada's youth suicide rates are the third highest in the industrialized world. Of all of the youth in Canada, 1 in 5 will have experienced a personal mental health crisis or mental illness in their life time and only 1 in 5 of these people will get the help that they need. Across this country every day, 3.2 million youth are at risk for developing depression and other serious mental health illness and not enough is being done to stop it or help prevent it.

Without looking after the youth and their mental health today, think of the implications that it will have on us tomorrow. All of these number will only rise if nothing is done today about it. It is because of this that we fight today and everyday to end the stigma and raise awareness about youth mental health and all mental health disorders in youth. Together we are going to get loud about what really matters most!



Joshua Bell
President & Founder
YMHM Canada

Message from the YMHM Canada

The YMHM Canada welcomes you all to have a look at what it is that we are all about and what it is that we are aiming to do. Through all of our goals, our vision and our mission, we hope to have a world where the mental health of youth is taken as top priority. We fight to raise awareness because nationally, 1 in 5 youth will experience a mental health crisis. We fight to raise awareness because nationally about 500 youth die from suicide every year. We fight to raise awareness because 25% of all deaths in youth are represented by suicide. We fight to raise awareness so that people are able to have a better understanding of mental illness in youth and so that the youth are able to have better access to resources that will be able to help them.

Suicide, anxiety, stress, and worrying about the future and other events in one's life are all things that could cause someone to have poor mental health. The YMHM Canada will work to raise awareness and push government bodies to do more in their support for the mental health of youth when engaging the public to end the stigma.

We invite you to engage as much as you can with the YMHM Canada, including with the March for Youth Mental Health event and together we will stand together and get loud about what really matters most – the generation of tomorrow.

Members of the YMHM Canada

About the YMHM Canada

Who We Are

The Youth Mental Health March Canada (YMHM Canada) is a community association that was founded in May 2020 by Joshua Bell after him seeing that there was not much being done to raise awareness and end the stigma around poor mental health and mental health disorders in youth across not only the city of Hamilton but across the country. Wanting to do something, the YMHM Canada was started and now works to raise awareness, end the stigma, and push government bodies to do more in their support for access and providing resources for the ones that need it the most.

Together, the YMHM Canada is a youth-lead association that collectively works to breakdown the stigma around mental illness in youth and raise awareness about youth mental health and advocate for change.

Our Mission

The YMHM Canada has a simple mission; to raise awareness and end the stigma around poor mental health and mental health disorders in youth when pushing government bodies to do more in their support for access to resources for youth that need it.

The YMHM Canada will work to raise awareness, end the stigma and push government bodies to do more through our events throughout the year as well as through gathering people together to show that change is needed. Funds raised will be used to help raise awareness with all remaining funds being given to help provide services to youth.

The YMHM will also work with other groups in order to provide a voice and advocate to the best that we can in order to get something done for the next generation. If nothing is done now about this mental health crisis – think of what the generation of tomorrow may look like.

Our Goals

The YMHM Canada also has a set of goals to help us achieve our mission. Although some may be difficult, the YMHM Canada is strongly committed to ensuring that the mental health of youth is top priority across not only the city, but the country.

Goal One

To raise awareness and break the stigma around poor mental health and mental illness in youth

The YMHM Canada is committed to breaking down the stigma around poor mental health and mental health disorders in youth and will continue to work tirelessly to make sure that barriers are broken down every single day.

Goal Two

To raise funds to be donated to provide mental health services

The YMHM Canada, through our events and fundraisers, will work to actively donate and raise money to be given to various mental health associations that work to provide services to youth for their mental health.

Goal Three

To advocate for better access to mental health resources for all

Through our events and raising our voices, we aim to push government bodies to do more in their support for mental health resources for youth and to help provide better access to these resources not only for the people that can afford it and/or that can get to it easily, but for everyone.

Goal Four

To help people envision a world where mental health of everyone is taken as a top priority

The YMHM has a final and very ambitious goal of a Canada where the mental health of not only youth, but of everyone is taken as top priority and all efforts are taken to ensure this.

Our Logos

Our current logo was designed and edited by a local youth from Hamilton, Ontario. This is our main logo that we use.



Our logo is packed with different meanings and symbolism. The colours of the image, yellow, green and blue, all represent some kind of mental health awareness and mental health awareness in general. With yellow and the little amount of orange that is present on the logo, it represents suicide prevention. The blue is to show support for people that have a mental illness and the greens represent mental health and well-being for all people. There is a red phone on the bottom left that helps to show that you are never alone and that there is always someone that will listen if you need help. The two heads represent people. In the person that is blue we are able to see

their brain and the other head has people coming out of the top. These people represent a new beginning and overcoming challenges. They are the people of tomorrow. Above them we see speech bubbles from a few of them indicating that they are having a conversation. This is what we need to do around the world and here at home to help normalize mental health disorders and to break down the stigma around them. The people are in different colours that display suicide prevention and general mental illness showing that we all possibly have been through something. There is a ladder that is leaned up against the yellow head on the right side. This ladder represents the rise from a challenge that one may feel mentally with it starting at the bottom leading up to where the people are talking about how they feel. With talking to others and with dedication, you are able to make a difference in your life for the better and move past where you have been. There is also some green grass growing from the ground around some of the other images on the logo, this indicated growth and change.

YMHM
CANADA

Governing Committee

The YMHM Canada is run and operated fully by a group of passionate youth who together, put up the daily operations of the YMHM Canada. Our governing committee meets once every week to two weeks and plans events, comes up with ideas on how to raise more awareness, and works to draft papers to help guide our public leaders on what it is that needs to be done to make a true change for youth who are struggling.

For more on our governing committee, including to see who is on our governing committee, see our website now at www.ymhmcanada.ca/committee.

If you are interested in joining our governing committee or knowing more, visit our website page via the link above or contact us now for more information.

Donations

About Donations

There are many ways that you can give to the YMHM Canada. All funds that we raise we use to help us continue raising awareness around youth mental health and all remaining funds are donated to help provide mental health services to youth.

Ways to Donate

Take part with our multiple fundraisers throughout the year. Stay tuned on our website for current and upcoming fundraisers.

Make straight donations via our donations page at www.yhmcanada.ca/donate.

To see other ways that you can donate or to learn more, visit our website or contact us now.

Events

About Our Events

Our events are designed to be an open space where we work to raise awareness around mental health disorders while working to push our governments to do more. Every event is designed to end the stigma, generate true conversation about mental health and mental health disorders, and push for changes that we need to better our mental health and the mental health of all youth.

Events are held all throughout the year with our major event being our March for Youth Mental Health events. for more about these events, visit www.yhmcanada.ca/mfy.

Sponsors

If an organization or business would like to sponsor or back an event, they are asked to please see our website page at www.yhmarch.com/sponsor for more information or contact us now.

Thank you to all of our sponsors and possible sponsors for this event as the event would not be possible without you.

Stay Connected with Us

Contact Us

Questions, comments, concerns or suggestions? We would love to hear from you.

Website: www.ymhmcanada.ca

Email: info@ymhmcanada.ca

Phone: (905) 928 0245

Governing Committee Contact

To contact a member of our governing committee, see our website at www.ymhmcanada.ca/committee.

To contact our President and Founder, Joshua Bell, email president@ymhmcanada.ca.

Social Medias

Be sure to stay connected and follow us for updates on all of our events and how you can continue to break the stigma around youth mental health.

Instagram: [@ymhmcanada](https://www.instagram.com/ymhmcanada)

Twitter: [@ymhmcanada](https://twitter.com/ymhmcanada)

Facebook: [@ymhmcanada](https://www.facebook.com/ymhmcanada)

Email Sign Up

To stay more in the know about the YMHM Canada and our events, sign up for emails at the bottom of our website at www.ymhmcanada.ca.

