

Letter 11: YRT2_Y2.F.24

Write a letter to professionals: What is important to know about working to support young people's well-being? What do you think are three important messages for professionals - mental health professionals, educators, police officers - to know about supporting and working with children and youth? About supporting their mental health and well-being? What is important to know about working to support young peoples well-being is that children and youth display different behaviours and coping mechanisms compared to adults. They are not aware of how they can better manage their mental health without the help of a professional.

When professionals dismiss, are rude or are not aware of cultural issues, (ex how different cultures react to mental health issues), they are put in a potentially dangerous situation.

3 important messages for professionals:

1. Actively listen to youths mental health concerns
2. Do not dismiss youths concerns due to gender
3. Always learning about how different cultures respond to mental health issues