

Thought Bubble 1: Write down 5 words that describe what “**mental health for children and youth**” means to you from your perspective?

Balanced; universal;  
well-being in general,  
sleeping, eating and overall  
health; performative; not  
well explained


Accessible resources; crucial;  
impactful; meaningful;  
undiscussed

Malleable by good and bad  
events; fundamental;  
non-linear; reflective of  
environment; growing - can  
learn over time


Accessible resources;  
identity; relationships;  
self-care; health;  
self-awareness; friendships;  
education

In children and youth,  
something that can be  
nurtured; overlooked;  
healthy habits; open and  
healthy communication


Often neglected; parents and  
family play a really big role



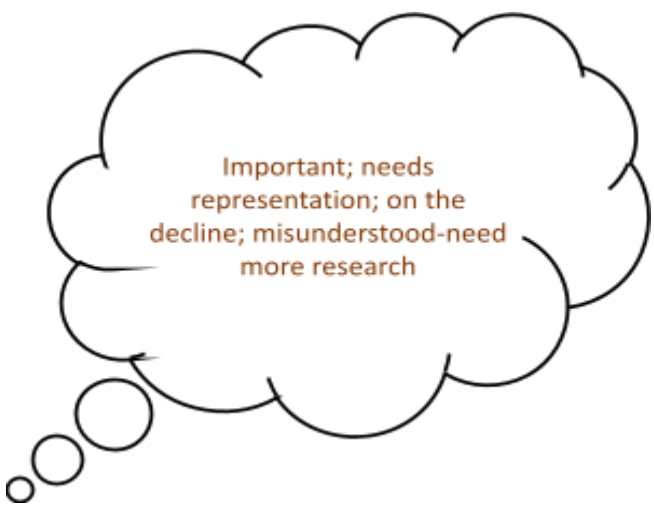
Welfare – key measurement of the child's/youth's welfare; emotions; education; mental health determines potential; balancing act



Coping; emotional regulation; parental resources; supportive community; parenting style




Balance-management; healthy outlets for positive and negative feelings; feeling/being content with self; health relationships; supportive parenting style



Important; needs representation; on the decline; misunderstood-need more research



Resilience; community; advocacy; support; health



Kind; understanding; accessible; diverse; thoughtful