

Youth Mental Health Sharing and Learning Community

The Youth Mental Health Sharing and Learning Community is an interactive virtual space that brings people together in Saskatchewan around the topic of youth mental health. It is a place where individuals and organizations can build relationships with others working in this space, share ideas, share the progress of current work, and engage in a process of collective learning.



Why a sharing and learning community?

Collaboration can help further advance efforts promoting youth mental health and wellness in Saskatchewan by accelerating the spread of work and experience gained from these activities. By creating a space to share and learn from others, the Youth Mental Health Sharing and Learning Community is an opportunity to build relationships, explore what is working, and examine future collaboration opportunities to improve youth mental health.

What are the benefits of joining?

Sharing and learning communities can help to:

- **Connect people.** The community brings people and organizations together to network and develop relationships amongst those with a shared interest in youth mental health and wellness in Saskatchewan.
- **Create a space to share ideas and experiences.** Community members can share their progress on what is being done in the province as well as highlight successes. Members can also support each others' challenges or hurdles by sharing their knowledge, experience, resources, and network with the group.
- **Accelerate collective learning.** The group will deepen its collective knowledge by sharing experiences in supporting youth mental health, progress on work underway, and additional resources or materials amongst the group.

What does the Youth Mental Health Sharing and Learning Community look like?

We invite people and organizations working in the area of youth mental health and wellness in Saskatchewan to join the Youth Mental Health Sharing and Learning Community. The community is currently meeting with members to identify interest areas and learning needs.

- **Time commitment:** Participants are encouraged to join when they can. At this stage, the Sharing and Learning Community will host a series of events or discussions which will consist of virtual 90 minute-long meetings
- **Cost:** There is no cost to join the Youth Mental Health Sharing and Learning Community. This service is offered on behalf of the Saskatchewan Health Quality Council as a part of our work focused on helping our partners to improve child and youth mental health and wellness in Saskatchewan.
- **Upcoming events:** Currently, the community is meeting via WebEx once per month for 1.5 hours on the last Thursday of each month from 10:30 am – 12 pm.
- **Join the community:** To join the community, or for more information, please visit the website below.

For more information and to join the community, visit:

<https://bit.ly/YMHSLComm>