#### Jack.org's Evidence Based Activities

#### Through our programs we:

- Teach young leaders foundational knowledge (e.g. mental health 101, causes of distress, signs and symptoms)
- Train young leaders in relevant leadership skills (e.g. effective public speaking, storytelling, communication, community reflection, action planning)
- Provide young leaders with space and tools to collaborate with and learn from their peers locally, nationally, and internationally
- Give youth a platform for action (e.g. a talk, a ratified chapter, media, policy forums, councils)

# Direct Outcomes (Young Leaders)

#### And young leaders gain:

- Increased mental health literacy
- Increased leadership and advocacy skills
- Increased ability to identify communityspecific needs
- Increased capacity to take peer- focused, community-specific actions to reduce barriers to help seeking
- Increased connection to ongoing mentorship at Jack.org
- Increased connection to Jack.org's national network of like-minded young leaders

#### **Youth Leader Activities**

# Then through our programs youth leaders:

- Lead tailored mental health promotion and advocacy activities in their communities (chapter initiatives, talks presentations)
- Teach peers mental health literacy basics
- Teach their peers about relevant mental health resources
- Engage their peers in conversations about mental health, stigma, and misconceptions
- Advocate for more accessible services
- Connect to other young leaders as part of a like-minded network with national momentum

# **Short-term Outcomes** (General Population)

# And youth everywhere gain:

- Increased knowledge of: mental health, signs & symptoms, ways to help themselves and peers, available resources
- Increased comfort talking about mental health generally, speaking up if they are struggling, and supporting peers who may be struggling
- Increased comfort with, and ability to seek, available mental health resources
- Reduced negative attitudes across communities including reduced stigma, stereotypes, shame, and silence

# Mid-Term Outcomes (General Population)

### Then, youth everywhere will:

- Face fewer barriers to help seeking
- Have more regular and open conversations about mental health
- Become better equipped to take care of themselves and to support each other
- Become more able to reach out for support (peer and/or professional services) when needed
- Begin to join together to advocate for better services and systems change in their communities

# Long-Term Outcomes (General Population)

#### Then, we all will achieve:

- Increased mental health and well-being among youth across Canada; reduction in youth suicide
- A connected and robust network of young people informing positive mental health systemschange in Canada
- A strong alumni network that will grow and continue to work to develop positive change for mental health in Canada
- A nation where no young person struggles in silence, and all youth can and will seek help if they need it

Tier 1