

#DoSomething

INITIATIVE GUIDE.



RESOURCE AND SERVICE SCAN

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Description: Put together a list of available supports and mental health services in your community and/or school. Create a brochure, one-pager or postcard with a list of these resources to hand out to young people in your community. You can hand them out by setting up an info table, handing them out at a popular sporting event or anywhere else young people hang out.

Objective: To inform young people about what resources and supports are available in their community and to create an open mental health dialogue.

Impact category(ries): Knowledge & Attitudes

Target audience: Entire community or school

Time commitment: This initiative will take a bit of time to research local supports. This can be done through visiting local services or by searching online. After the research is complete, the team will have to decide how they want to distribute the information.

Cost: Minimal printing/paper costs.

Human requirements: At least 2 people to research and a larger group to distribute the info.

Partnerships: No partnership is necessary however it could be helpful to partner with local health centres or wellness groups to brainstorm local resources.

Promotion: No promotion is strictly needed, but you can always turn to social media to advertise where you will be handing the resource cards out. Use the hashtag #DoSomething to be part of the national campaign.

Jack Chapter testimonial:

“We asked community resources such as counselling services and the LGBTQ* resource centre for lists of their services and info for our tables. We also created a card with hotlines and resources for our community”

Bryan Young
Jack.org University of Winnipeg Lead

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