

Opportunity for Youth & Young Adults Peace River Youth Focus Group, e-Mental Health

The Opportunity

Alberta Health Services and the University of Calgary are partnering with organizations in your community to introduce an e-mental health (eMH) platform for youth and young adults aged 15-24. The platform consists of self-assessment tools representing different domains of health and wellness, as well as links to online tools and resources.

We are seeking youth and young adults aged 15-24 to bring their experience and insights of living with mental health or addiction challenges. The Youth Focus Groups will inform us on what we need to keep in mind to make this project successful and to help improve mental health and addiction care for youth and young adults.

Benefits of Participation

- Provide a voice on behalf of youth in bringing new addiction and mental health supports to young people in the community
- Youth Focus Group Participants will be compensated for their time at a rate of \$20/hour via gift card honorarium

Key Responsibilities

- To bring the perspective of youth and young adults with lived experience of addictions and mental health challenges to the project planning table

How to Get Involved

1. Send an email to Leanne Stamp at the University of Calgary (leanne.stamp@ucalgary.ca)
2. Let her know that you are interested in being in a focus group for the e-Mental Health Study. It doesn't have to be complicated – copy and paste this if you like:
 - a. Hi, I'm interested in helping with the e-Mental Health Study, could you send me some more information?
3. If you want to skip those first two steps you can go directly to getting enrolled with this link:

<https://redcap.ucalgary.ca/surveys/?s=7JJ8XW4T8L>

Upcoming Focus Group Dates for Peace River Area:
Tuesday, February 15, 4:30-6:00PM
&
Wednesday, February 16, 4:30-6:00PM

e-Mental Health for Youth and Young Adults is generously funded by: