

Opportunity for Youth & Young Adults Expression of Interest: Community Youth Lead, e-Mental Health Peace River

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 in your community.

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 Lead will join leaders from health, education, and community services to plan for the introduction and evaluation of e-mental health. We welcome diverse perspectives and experiences to the table from all gender, sexual, ethnic, and cultural identities.

Benefits of Participation

- Provide a voice on behalf of youth in bringing new addiction and mental health supports to young people in the community
- Serve in a leadership role developing new skills and gaining professional experience
- Youth Leads will be compensated for their time at a rate of \$270 a month for an estimated time commitment of 2.5 hours per week.

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
- To support the engagement of other youth and young adults in your community to provide advice on the e-mental health platform
- To support the development of youth research capacity to evaluate the impact of e-mental health

How to Get Involved

Interested candidates should complete the attached page and submit to Melanie Fersovitch at melanie.fersovitch@ahs.ca

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



Name:

Your Current Age (Must be 15-24):

Email Address:

Phone Number:

Please explain your connection to the community of Peace River

Please tell us a little about yourself. Why are you interested in this opportunity and how would it contribute to your future educational or career plans?

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