

MENTAL HEALTH INFORMATION SEEKING

policy checklist

This checklist has been designed to help you implement the recommendations from the CYCC Network's knowledge synthesis report *Information-Seeking Behaviour of Young People & Mental Health*. You can use it to guide your organizations programs and policies to help young people access the mental health information they need.

- 1)** Engaging youth in developing strategies for sharing mental health information can have benefits for all stakeholders. Youth engagement can create more effective methods of creating and sharing information, service professionals can benefit from youth input, and youth who are directly engaged can develop skills and capacity. The ways that youth use technology change rapidly and engaging youth in developing strategies to take this into account can be especially beneficial.

Our organization engages youth in developing and maintaining strategies for disseminating mental health information.	<input type="checkbox"/>
Our organization continuously engages youth in order to update our strategy for information dissemination as technology trends change.	<input type="checkbox"/>
Our understanding of how youth use technology is based upon what youth tell us about how they use technology.	<input type="checkbox"/>

- 2)** It is important to design and disseminate mental health information strategically. Experiences of mental health information seeking vary according to gender, socio-economic position, legal status and geographic location.

Our organization tailors the ways in which we provide mental health information to the experiences of the young people that we target.	<input type="checkbox"/>
The information we provide is available in a variety of formats/distributed using different methods in order to reach as many youth as possible.	<input type="checkbox"/>

- 3)** Stigma is one of the largest obstacles to connecting youth with mental health information. Stigma shapes how youth understand mental health and shapes if/how youth search for mental health information.

Our programming addresses the role that stigma plays in mental health information seeking.	<input type="checkbox"/>
Our programming is organized to respond to the impact of stigma on information seeking.	<input type="checkbox"/>

4) Mental health literacy is related to stigma and affects how/whether a young person will access mental health information. Mental health literacy is important for everyone, not just those who experience mental health difficulties.

Our programming enhances the mental health literacy of the youth it engages.
Our organization shares mental health information with the wider population.
Our approach to mental health literacy challenges stigmatizing behavior.
The information we provide helps youth to understand mental health and mental illness.
The information we provide helps youth to understand how mental health and illness are experienced by others.

5) Social media can be a powerful tool for connecting young people with mental health information. Young people trust information shared by sources they find reputable, and many find learning from the stories of others to be productive. Social media can also present challenges: cyber-bullying and exposure to triggering materials can have negative mental health outcomes.

Our organization uses social media to engage with youth who are seeking mental health information.
The information our organization provides is credible in the eyes of the youth we provide it to.
Our programming helps develop the ability of youth to engage critically with information they receive from social media.

6) Policies and procedures may need to change to reflect the experiences and learnings of every organization.

Our organization will reflect on and learn from our experiences as we implement the above recommendations for working with vulnerable young people. We will review our practices and procedures regularly and revise them when needed.
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