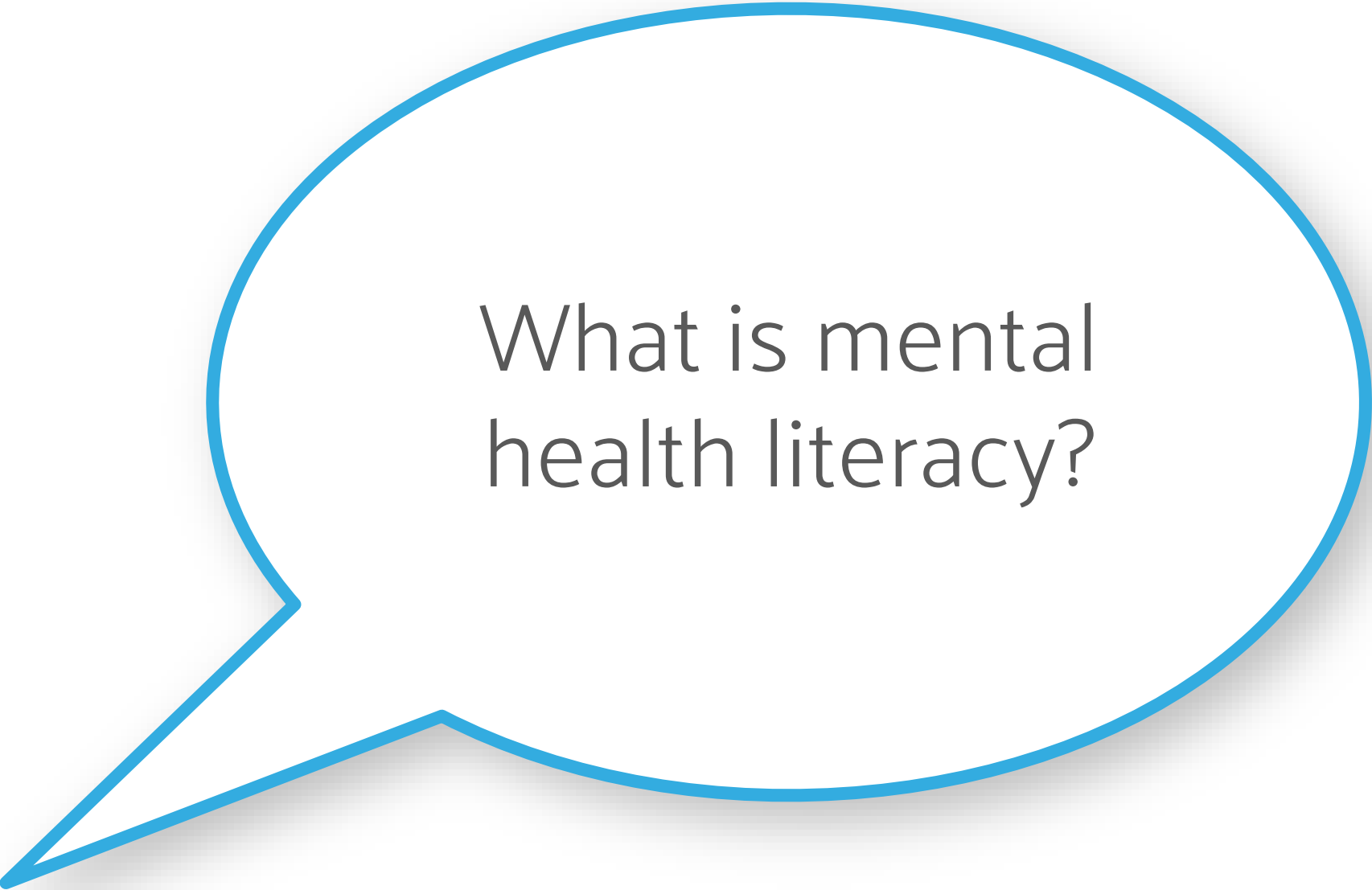


CYMH Symposium-Introduction to Mental Health Literacy

Andrew Baxter MSW RSW

Presented on November 17, 2023





What is mental
health literacy?



mental health issue

mental health

mental illness

mental wellness

mental health illness

mental disorder

Semantic confusion

mental wholeness

mental and social well-being

mental health condition

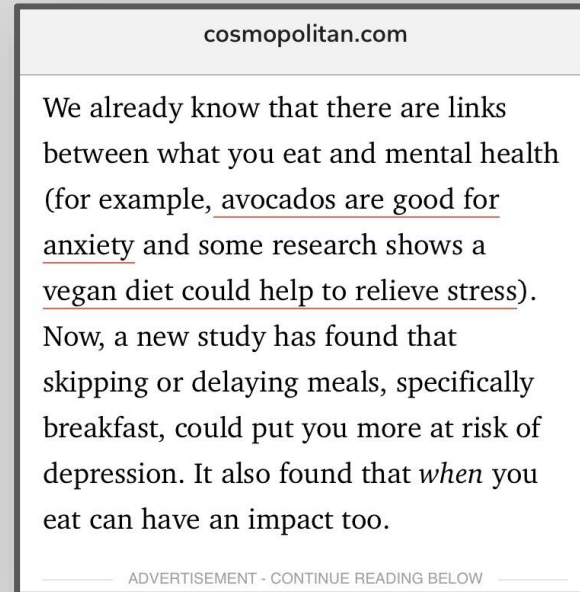
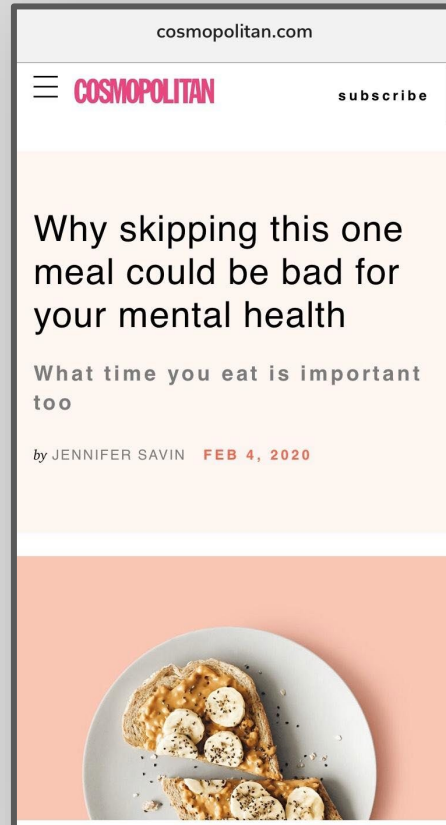
mental wellness illness

mental health problem

mental well-being

mental happiness and well-being

The Confusion





The Confusion

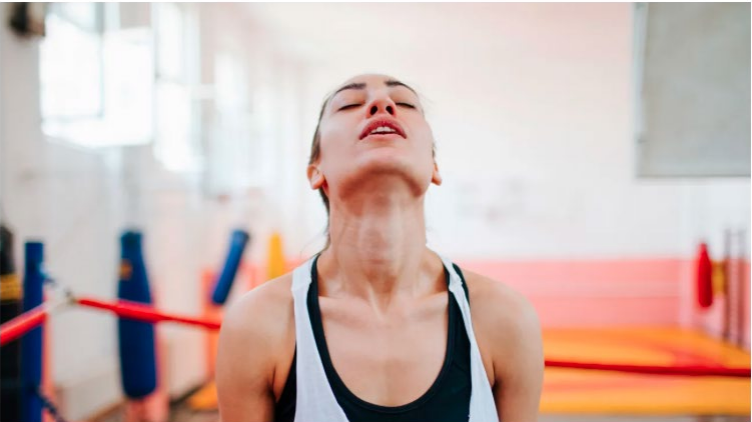


healthline Health Conditions ▾ Discover ▾ Plan ▾ Connect ▾

MENTAL HEALTH | Coping with Loneliness Mental Health in Focus Find a Therapist Newsletter

Feel Like Time's Always Running Out? It Might Be "Time Anxiety"

[Symptoms](#) | [Underlying issues](#) | [Managing it](#) | [Takeaway](#)



When you live by a calendar, it's no big surprise that your relationship with time can get a little

Symptoms Of Time Anxiety:

You worry about lateness

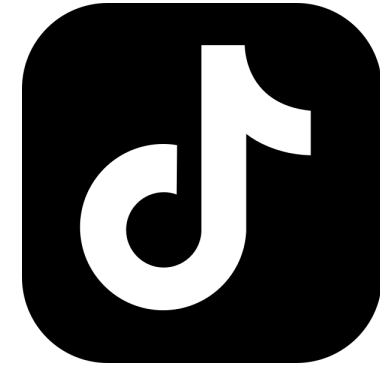
You feel a need to rush

You feel uneasy when you don't get around to everything

You feel you have missed out on certain opportunities

100 of the Top TikTok Videos on ADHD

- 52% - were classified as misleading
- 27% -personal experience
- 21% as useful



Videos on the platform were highly understandable by viewers but had low actionability. Non-healthcare providers uploaded the majority of misleading videos. Healthcare providers uploaded higher quality and more useful videos, compared to non-healthcare providers.

TikTok and Attention-Deficit/Hyperactivity Disorder: A Cross-Sectional Study of Social Media Content Quality

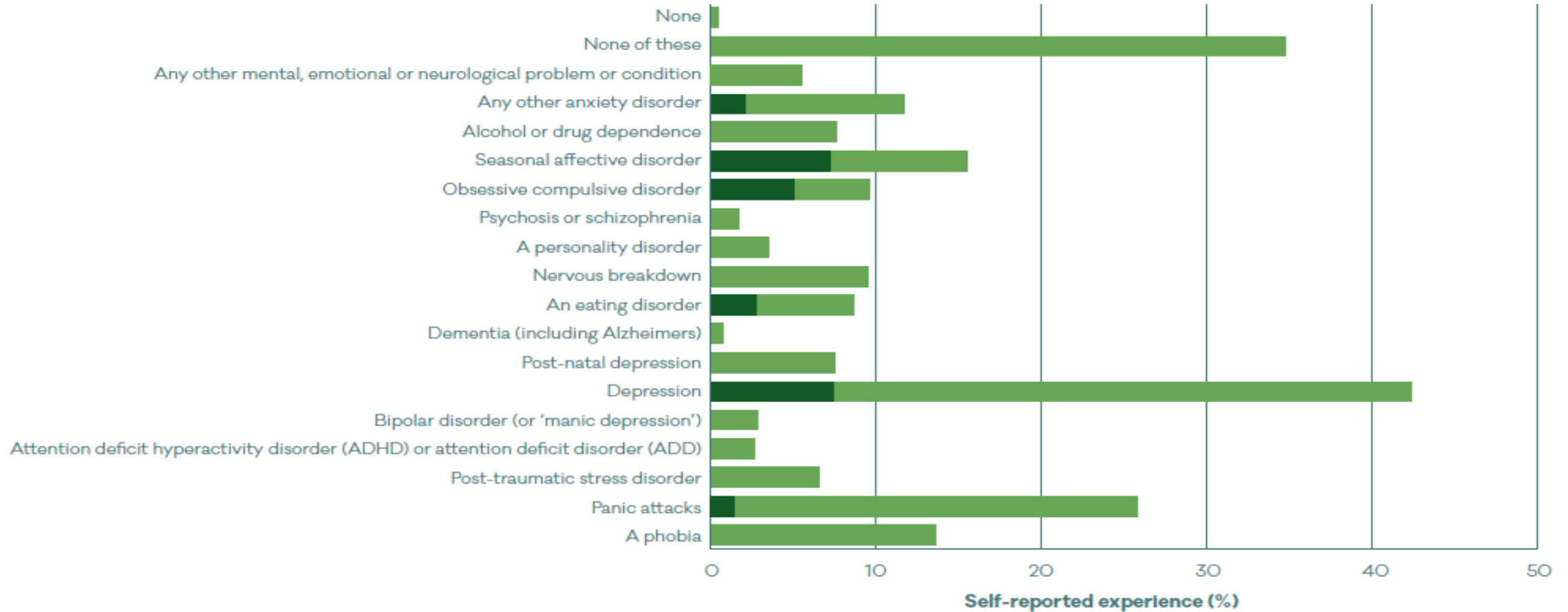
[Anthony Yeung, MD, FRCPC](https://orcid.org/0000-0002-2029-4515) [https://orcid.org/0000-0002-2029-4515](mailto:anthony.yeung@ubc.ca) anthony.yeung@ubc.ca, [Enoch Ng, MD, PhD](https://orcid.org/0000-0002-4505-8391) <https://orcid.org/0000-0002-4505-8391>, and [Elia Abi-Jaoude, MD, PhD, FRCPC](#) [View all authors and affiliations](#)
[Volume 67, Issue 12](#)

The Mental Health Foundation's state of the nation's mental health study



■ Survey results
■ Actual prevalence

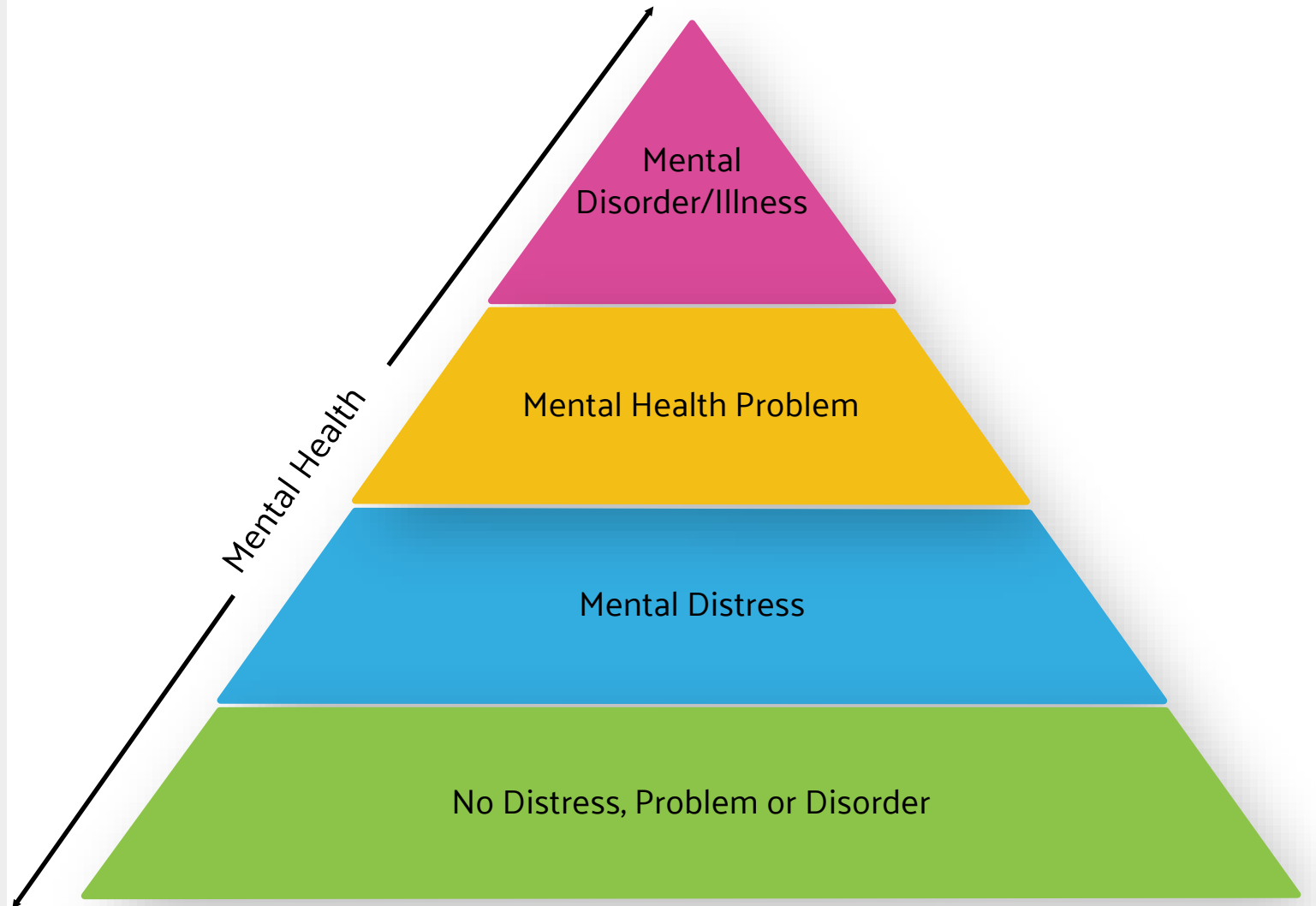
Most commonly reported mental health problems



Full survey results available here: <https://www.mentalhealth.org.uk/sites/default/files/surviving-or-thriving-state-uk-mental-health.pdf>



Mental States





Treatment/Care

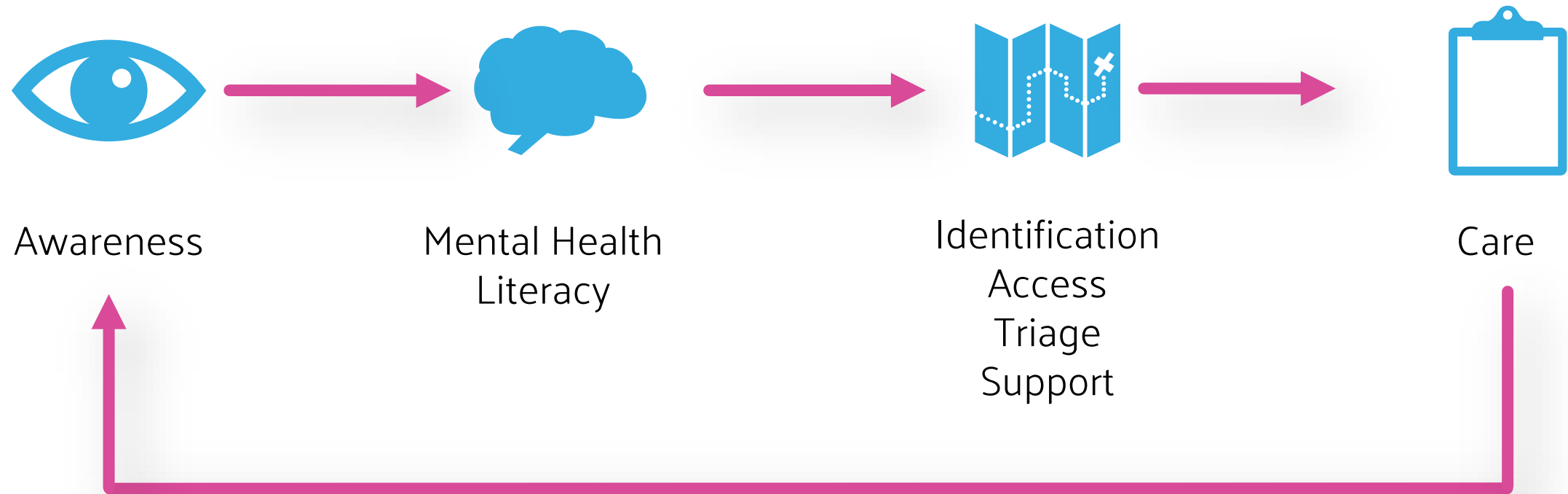
Promotion

Prevention



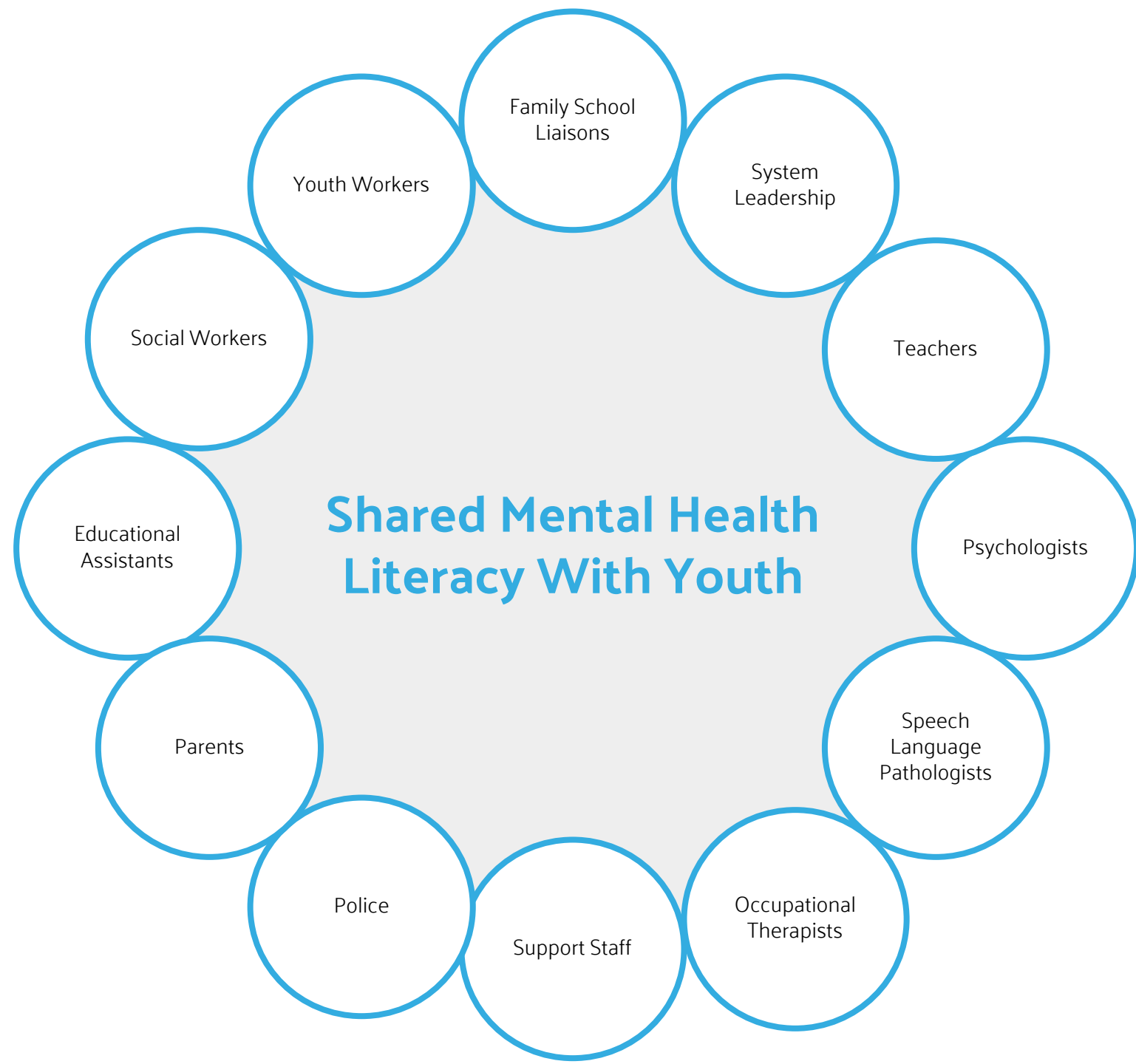



Pathway Through Care Model





Developing Shared Literacy

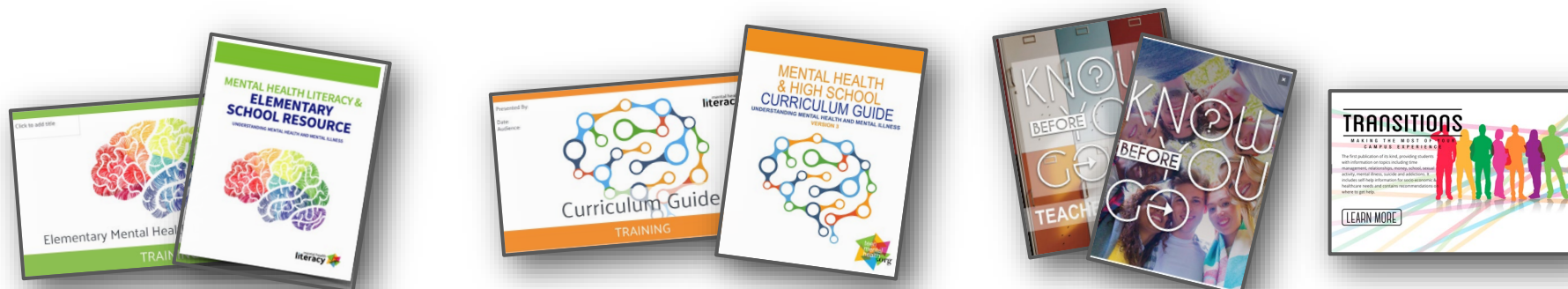




How do we build,
implement &
sustain MHL
approaches?



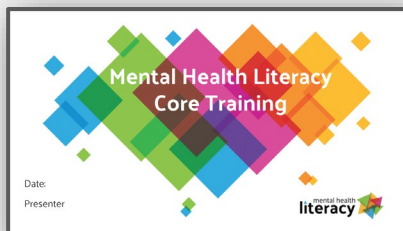
MHL Resources



Grade	K	1	2	3	4	5	6	7	8	9	10	11	12	Post Secondary						
Approximate Age	5	6	7	8	9	10	11	12	13	14	15	16	17/18	18	19	20	21	22	23	24



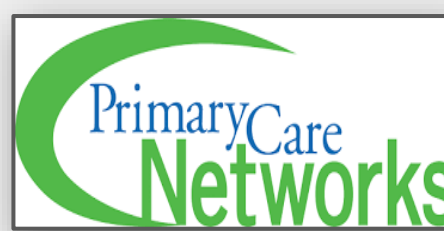
Core Trainers



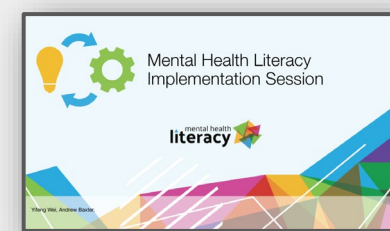
Sports/Community



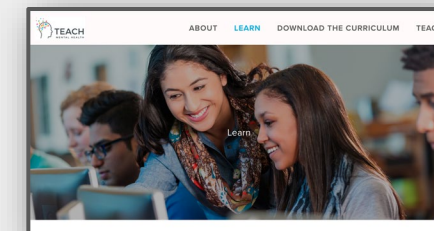
Primary Care Network MHL



Educational Leadership



Pre-Service Teachers



Building & Delivering MHL Resources



- We rely on the skills of educators to convey MHL messages adapted to their unique environments and the populations they serve
- Flexibility in all resource
- It is an approach and not a program
- Test for impacts and results

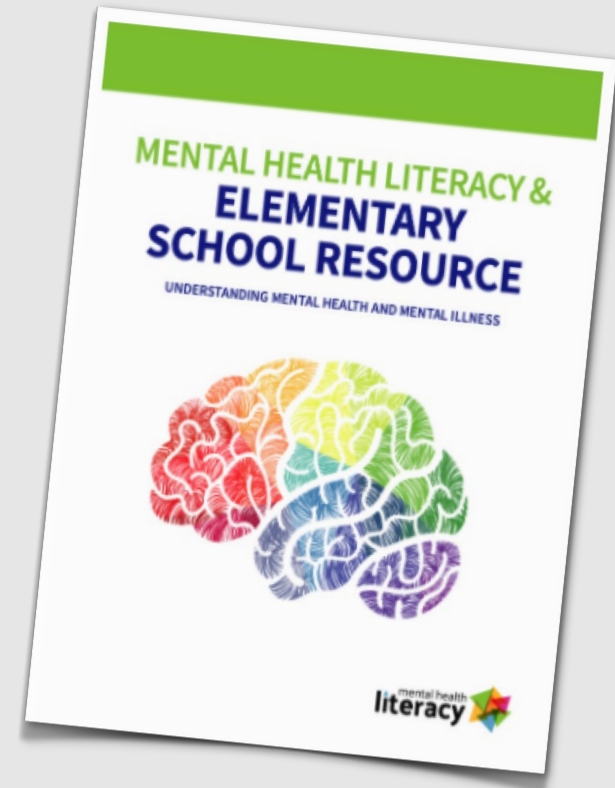


	Effective Implementation	Ineffective Implementation
Effective Intervention	Youth Benefits	Poor Outcomes
Ineffective Intervention	highly variable often ineffective/potentially harmful	highly variable often ineffective/potentially harmful

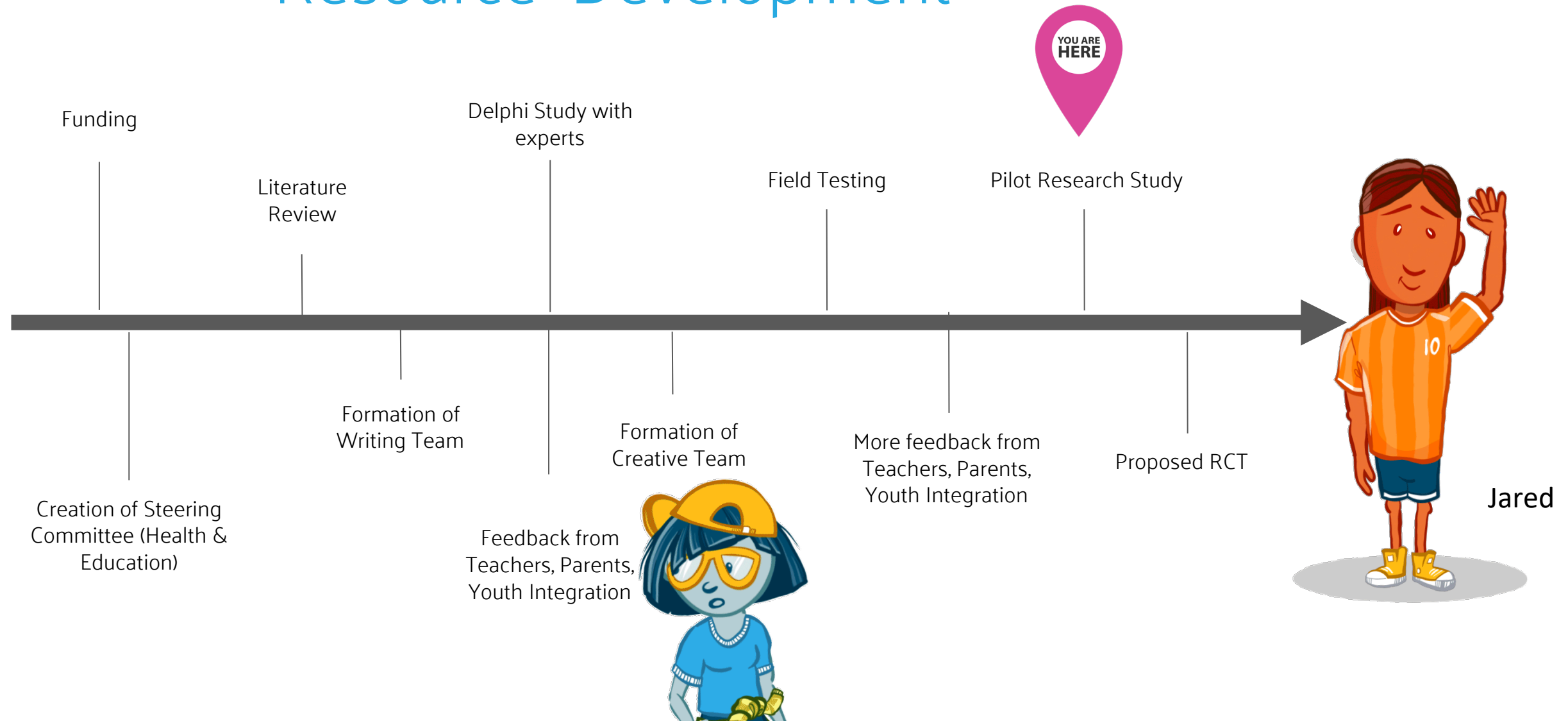
Owens, J. S., Lyon, A. R., Brandt, N. E., Warner, C. M., Nadeem, E., Spiel, C., & Wagner, M. (2014). Implementation science in school mental health: Key constructs in a developing research agenda. *School mental health, 6*(2), 99-111.



Mental Health Literacy – Creating Knowledge



Elementary Mental Health Literacy Resource Development



EMHLR Alberta Pilot Study



- Over 13 School Districts participating a mix of rural, urban, public, catholic
- Over 3,800 students received the intervention
- Students evaluated for Knowledge, Attitudes, Well being, Stress, Help Seeking Intentions
- Currently in the data analysis phase
- Focus groups were conducted for youth feedback
- Educator feedback sought through survey

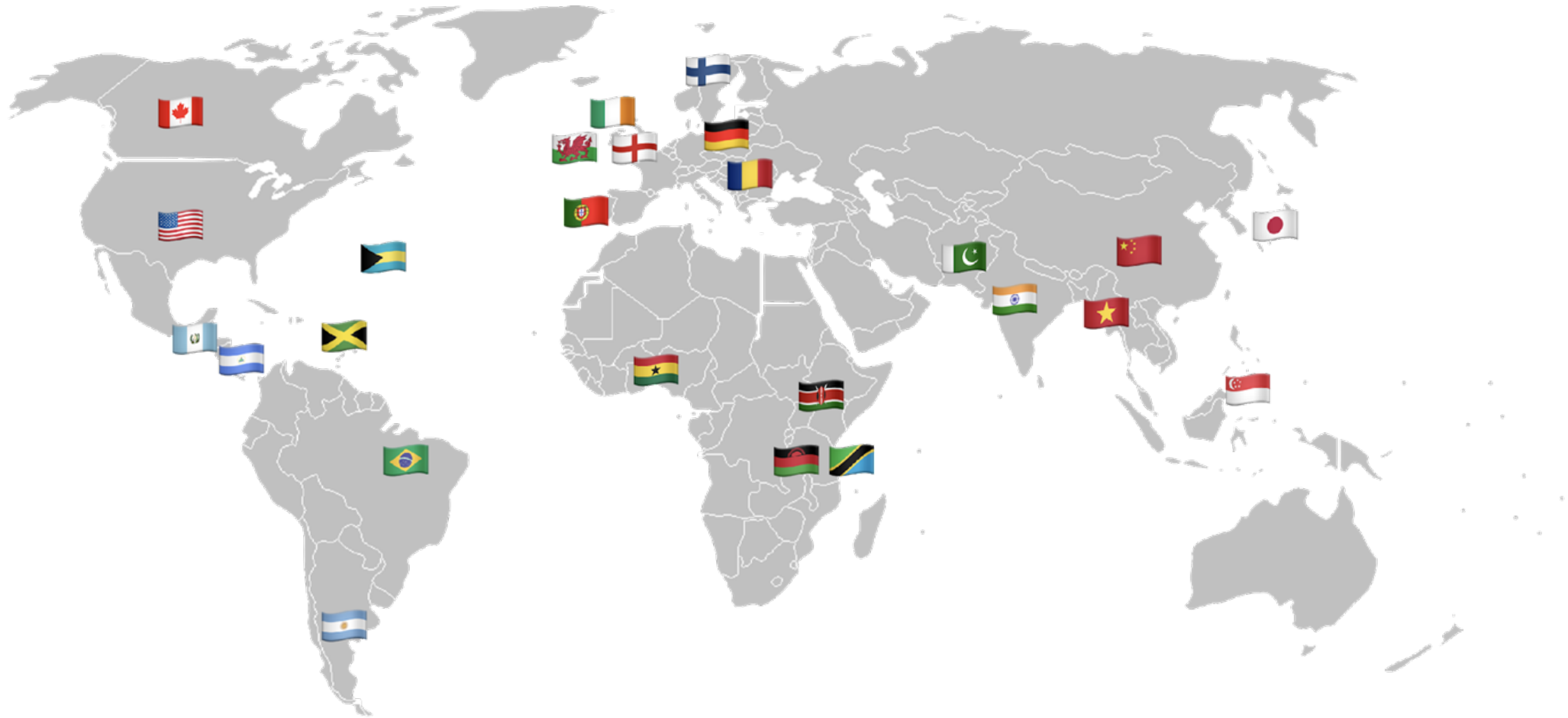


**INDIGENOUS YOUTH
MENTAL HEALTH LITERACY**





Mental Health Literacy Launches



Argentina, Bermuda, Bolivia, Brazil, China, England, Finland, Germany, Ghana, India, Indonesia, Ireland, Jamaica, Malawi, Nicaragua, Pakistan, Portugal, Romania, Tanzania, Uganda, United States, Vietnam, Wales

Questions?

mentalhealthliteracy.org



@mh_literacy



mhliteracy



@MHLiteracy



MHLiteracy



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