

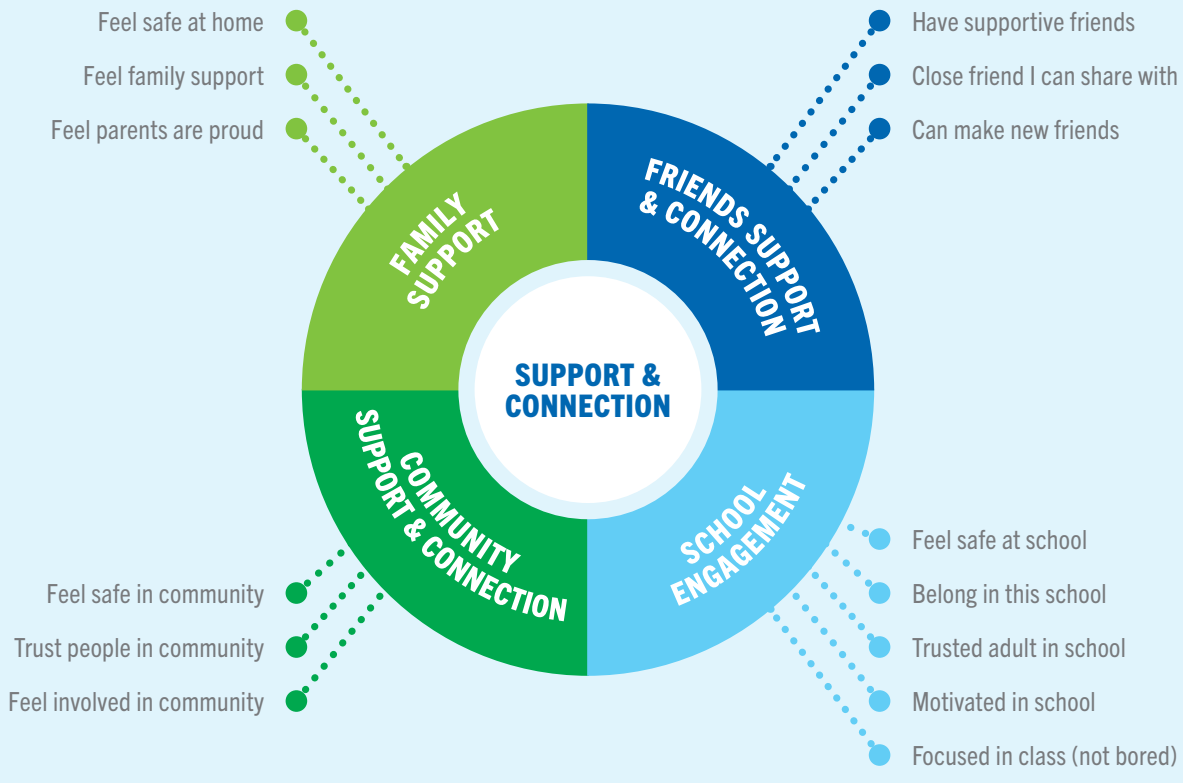
Mental Health Action Report

Let's take action, Saskatchewan!

The Youth Mental Health Action Report looks at the importance of action and what we can do to work together to improve the mental health of youth in Saskatchewan, building off of the data collective from the Thriving Youth, Thriving Communities Report that surveyed more than 10,000 students and teachers around the province. **Youth need support and connection to help improve their health and well-being and to protect them against traumatic experiences.**

“ Schools need more supports in place to help youth not just with education and learning disability (which I have) but to understand mental health issues.”
— Grade 11, Female

SUPPORT AND CONNECTION



STRONG SUPPORT AND CONNECTION associated with better mental health outcomes



68.1%
WEAK SUPPORT



40.6%
MEDIUM SUPPORT



19.4%
STRONG SUPPORT

Let's take action, Saskatchewan:

Now more than ever, Saskatchewan youth need support and connection to help improve their health and well-being—and to protect them against negative experiences. Some of the best ideas for change can come from the grassroots level.

Read the report: bit.ly/MentalHealthActionReport