



**HELP CREATE
SUPPORTIVE
AND
RESILIENT SCHOOLS
AND COMMUNITIES
FOR
YOUTH.**

YMHAC.RNAO.CA

IN PARTNERSHIP WITH



SCHOOL MENTAL HEALTH-ASSIST
ÉQUIPE D'APPUI POUR LA SANTÉ
MENTALE DANS LES ÉCOLES

RNAO
**Mental Health
& Addiction**
INITIATIVE



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

The Youth Mental Health and Addiction Champions (YMHAC) Initiative aims to improve the health and well-being of children and youth through:

- A focus on mental health promotion;
- Acceptance of mental illness and reduction of related stigma; and
- Substance misuse prevention.

Whether you're an adult or a youth seeking to pave a brighter future for young Canadians, the YMHAC toolkit will help you be better informed, inspired and most important of all, involved in helping to create resilient communities.

CHECK
IT OUT!

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