



Where We Are

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## About the Youth Employment Services (YES) Project

Prior to the pandemic, YES had identified that many youth coming into their centre were experiencing mental health issues because of joblessness. The pandemic exacerbated these feelings. This project provided an opportunity to address specific issues around mental health and self-care, enabling the community to rebound and participate in society, post pandemic. Clients were increasingly reporting barriers related to mental health and as such, YES trained their staff to better navigate these conversations and increase their awareness.



## Promising Practice

YES created a Staff Mental Health Resource Guide to better understand the issues that affect mental health in the workplace. It will be used by staff and as part of onboarding for new employees. YES's English-speaking community partners will have access to the guide and training series recordings to use within their own organizations.

### ★ Key Success Factor

- Well-designed tools



*Equipping staff, and the wider community of practice, with key knowledge and increased awareness about mental health was made possible through the development of a mental health resource guide.*