# A Preventative Online Mental Health Program for Youth



## What is POMHPY?

- A 6-week preventative online mental health program for youth, developed with youth, and facilitated by youth
- Benefits for youth:
  - Weekly, evidence-based activities (outlined below)
  - Participant messaging boards

### Who is POMHPY for?

- Youth between the ages 12 to 25
- Living in Ontario

Please note, a referral or diagnosis is not required to join the program.

### Where can I learn more?

Visit OurYouthWellbeing.com





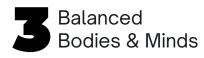
- Use positive affirmations to improve mental wellness
- Create a positive affirmation music playlist



- Explore the Canadian 24-hour Movement Guidelines
- Mindfulness through movement







- Learn about how energy and tension can impact our mental and physical functioning
- Discover creative ways to check-in with yourself



# Food for Thought

- Explore food literacy
- A meal kit will be provided



DR



- Engage in mindful art to calm the mind and foster creativity
- An art kit will be provided







 Explore self-regulation activities to improve mental resilience



- Share key takeaways of the 6-week program
- Create sustainable goals that promote overall wellbeing







