

# A Preventative Online Mental Health Program for Youth

POMHPY

## 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](http://OurYouthWellbeing.com)



## 1 Affirming the Beat

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



## 2 Bodies in Motion

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



## 3 Balanced Bodies & Minds

- 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

## 4

## Creative Minds

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

OR



## 5 Finding Your Center

- Explore self-regulation activities to improve mental resilience

## 6 Dream, Plan, Do!

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

